

Nutritious Purée Food Recipes

By Puree Food Molds featuring
SUSTAGEN® Hospital Formula
Neutral Flavour and RESOURCE®
THICKENUP® Clear.

All recipes contained in this booklet have been created
and tested by a healthcare professional (R.M. BSc Nutrition
and Food Science, Grad Dip Dietetics).



Serving
Suggestion

Nutritional supplements can only be of assistance where dietary intake is inadequate.
Please seek advice on your individual dietary needs from an Accredited Practising Dietitian or your healthcare professional.
SUSTAGEN® Hospital Formula is a formulated meal replacement and cannot be used as a total diet replacement.

RESOURCE® THICKENUP® Clear is a food for special medical purposes for the dietary management
of people with swallowing difficulties. Must be used under medical supervision.

Information for healthcare professional use only.

Things are looking UP for texture-modified foods

Introducing the collaboration between Nestlé Health Science and Puree Food Molds to provide nutritious puréed foods in exciting, high quality molds.

The 100% silicone molds deliver a first-class opportunity to improve meal presentation, provide greater meal variety and improve dining with dignity.

Recipes in this booklet include RESOURCE® THICKENUP® Clear and SUSTAGEN® Hospital Formula Neutral Flavour to provide nutritionally complete fortification in a safe consistency for residents with swallowing difficulties.



Transform food in 5 easy steps

Step 1: Purée

Place the cooked food in a food processor and purée until a thick, smooth, lump free consistency is achieved. Avoid adding too much fluid to the blender to prevent diluting the nutritional content of the purée.

Step 2: Fortify & Thicken

Add SUSTAGEN® Hospital Formula Neutral Flavour to the mixture to ensure the molded purée will be nutritionally adequate. Add RESOURCE® THICKENUP® Clear to the purée to ensure the molded food maintains its new form once removed from its mold and is reheated. Look for purée consistency that will hold on a spoon when inverted.*

Step 3: Mold

Using a spatula, evenly spread the puréed food throughout the individual mold cavities. Cover the mold tray with a mold lid and place in the freezer to set.

ONLINE
TRAINING
VIDEO



Step 4: Present

Once frozen, remove the molded food portions from the mold tray and place onto a plate. Cover and allow to thaw in the fridge.

Note: To save space, the frozen molds can be placed in suitable freezer bags and logged and labelled as per HACCP requirements.

Step 5: Heat & Serve

Cover the molded meal with a heat proof cover to retain moisture and reheat using one of the following methods:

- Combination steam oven
- Burlodge style retherm system
- Bain marie under counter hot box
- Microwave (low power setting).

For a video demonstration on how to transform food in 5 easy steps, visit:

<https://youtu.be/rWJiYUJsUWo>

*Please note, the exact amount of RESOURCE® THICKENUP® Clear required in the recipes varies greatly, therefore add the powder slowly, 1 scoop at a time until correct consistency is achieved. Refer to the online training video for a demonstration.

Delicious Pork Stroganoff



Serving Suggestion

 **Servings:** 8 (100g)

 **Mold Type:** Pork Chop



Ingredients List

2 tablespoons vegetable oil

100g sliced onions

100g diced carrots

1 teaspoon garlic purée

300g diced pork

1 teaspoon sage (dried)

800mL chicken or vegetable stock

80g thinly sliced mushrooms

100mL cooking cream

Mixed seasoning to taste

60g SUSTAGEN® Hospital Formula Neutral Flavour

RESOURCE® THICKENUP® Clear*

Nutrition Information

NUTRIENT	PER SERVE
Energy	710kJ
Protein	11.5g
Total Fat	10.7g
Carbohydrate	7.3g
Dietary Fibre	1g
Sodium	405mg

Method

1. Heat the oil in a saucepan, gently sweat the onions, carrots and garlic, and cook for a couple of minutes.
2. Add the pork and sage, stir in well, and cook for a further 10 minutes.
3. Add the stock and stir in well to allow even distribution. Cover the pan with a lid and simmer for 1 hour, stirring occasionally.
4. Add the mushrooms, simmer for a further 25 minutes or until all the ingredients are tender. Leave uncovered and allow the cooking liquid to reduce by two thirds.
5. Add the cream and season to taste.
6. Remove from the heat.
7. Allow to cool slightly, decant meal into blender and blend completely to a smooth purée that is smooth and lump free.
8. Add SUSTAGEN® Hospital Formula Neutral Flavour and blend until well combined.
9. Slowly add RESOURCE® THICKENUP® Clear 1 scoop at a time, mixing between scoops so as not to over thicken the mixture. Blend in thoroughly until the mixture reaches a firm consistency that will hold on a spoon when inverted or retain its texture when forked.

Molding

Once the mixture has reached the correct consistency, spread the mixture into the food mold. When the cavities have been filled, cover with the mold lid, then place in the freezer.

Heat & Serve

Once frozen, take the mold tray out of the freezer. Turn the mold tray over and apply gentle pressure to release the frozen food from the mold. Place the frozen food directly onto a plate and allow it to thaw in the fridge. Prior to heating, cover the plated food appropriately to prevent the molded food from drying out e.g. insulated plate cover, heat proof polycarbonate lid. Reheat the molded food on a plate to the desired temperature via a Burlodge style retherm system, a bain marie under counter hot box or a combination oven. Serve.

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Hearty Irish Stew



Serving Suggestion

1 *Servings:* 8 (100g)

★★ *Mold Type:* Sliced Meat



☑ *Ingredients List*

- 2 tablespoons vegetable oil
- 100g diced onions
- 200g diced vegetables (carrots and swede)
- 300g diced lamb
- 800mL beef or lamb stock
- 150g diced potatoes
- 70g diced fresh leeks
- 70g shredded green cabbage
- 50g fresh parsley
- Mixed seasoning to taste
- 60g SUSTAGEN® Hospital Formula Neutral Flavour
- RESOURCE® THICKENUP® Clear*

Nutrition Information

NUTRIENT	PER SERVE
Energy	712kJ
Protein	12g
Total Fat	8.9g
Carbohydrate	10.6g
Dietary Fibre	2.2g
Sodium	410mg

Method

1. Heat the oil in a large saucepan, add the onions and cook for a couple of minutes.
2. Add the mixed vegetables, stir in well and cook for a further 10 minutes.
3. Add the lamb and seal with the onions and vegetables.
4. Add the stock, stirring continuously.
5. Bring to the boil, then reduce to a simmer and cook for approximately 1 hour.
6. Add the potatoes, leeks, cabbage and parsley. Cook for a further 30 minutes until all the ingredients are tender.
7. Remove from the heat and season to taste.
8. Allow to cool slightly, decant meal into blender and blend completely to a purée that is smooth and lump free.
9. Add SUSTAGEN® Hospital Formula Neutral Flavour and blend until well combined.
10. Slowly add RESOURCE® THICKENUP® Clear 1 scoop at a time, mixing between scoops so as not to over thicken the mixture. Blend in thoroughly until the mixture reaches a firm consistency that will hold on a spoon when inverted or retain its texture when forked.

Molding

Once the mixture has reached the correct consistency, spread the mixture into the food mold. When the cavities have been filled, cover with the mold lid, then place in the freezer.

Heat & Serve

Once frozen, take the mold tray out of the freezer. Turn the mold tray over and apply gentle pressure to release the frozen food from the mold. Place the frozen food directly onto a plate and allow it to thaw in the fridge. Prior to heating, cover the plated food appropriately to prevent the molded food from drying out e.g. insulated plate cover, heat proof polycarbonate lid. Reheat the molded food on a plate to the desired temperature via a Burlodge style retherm system, a bain marie under counter hot box or a combination oven. Serve.

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Mild Chicken Curry



 *Servings:* 8 (80g)

 *Mold Type:* Chicken



Ingredients List

2 tablespoons vegetable oil

 50g diced onions

 1 teaspoon garlic purée

 300g diced chicken breast

 1 tablespoon curry powder

 300mL chicken stock

 100mL coconut milk

 400g tinned chopped tomatoes

 150g diced potatoes

 1 tablespoon tomato paste

 Mixed seasoning to taste

 60g SUSTAGEN® Hospital
 Formula Neutral Flavour

 RESOURCE® THICKENUP® Clear*

Nutrition Information

NUTRIENT	PER SERVE
Energy	635kJ
Protein	11.3g
Total Fat	7.5g
Carbohydrate	9.6g
Dietary Fibre	1.3g
Sodium	70mg

Method

1. Heat the oil in a saucepan, gently sweat the onions and garlic, and cook for a couple of minutes.
2. Increase the heat and add the chicken. Stir in until the flesh starts to firm up and cook.
3. Add the curry powder, stir in and cook for a further 5 minutes.
4. Add the chicken stock, coconut milk and tomatoes, simmer for 30-40 minutes.
5. Add the potatoes and tomato paste, bring to the boil and reduce the sauce whilst stirring constantly. Ensure that the ingredients do not stick to the base of the pan.
6. Remove from the heat and season to taste.
7. Allow to cool slightly, decant meal into blender and blend completely to a purée that is smooth and lump free.
8. Add SUSTAGEN® Hospital Formula Neutral Flavour and blend until well combined.
9. Slowly add RESOURCE® THICKENUP® Clear 1 scoop at a time, mixing between scoops so as not to over thicken the mixture. Blend in thoroughly until the mixture reaches a firm consistency that will hold on a spoon when inverted or retain its texture when forked.
10. Serve with puréed rice, piped onto the plate.

Molding

Once the mixture has reached the correct consistency, spread the mixture into the food mold. When the cavities have been filled, cover with the mold lid, then place in the freezer.

Heat & Serve

Once frozen, take the mold tray out of the freezer. Turn the mold tray over and apply gentle pressure to release the frozen food from the mold. Place the frozen food directly onto a plate and allow it to thaw in the fridge. Prior to heating, cover the plated food appropriately to prevent the molded food from drying out e.g. insulated plate cover, heat proof polycarbonate lid. Reheat the molded food on a plate to the desired temperature via a Burlodge style retherm system, a bain marie under counter hot box or a combination oven. Serve.

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Seasoned Chicken & Vegetable Casserole



 **Servings:** 8 (80g)

 **Mold Type:** Chicken



Ingredients List

2 tablespoons vegetable oil

50g diced onions

150g diced vegetables
(carrot and swede)

350g diced chicken

1 teaspoon tarragon (dried)

500mL chicken stock

100g diced potatoes

1 tablespoon tomato paste

Mixed seasoning to taste

60g SUSTAGEN® Hospital
Formula Neutral Flavour

RESOURCE® THICKENUP® Clear*

Nutrition Information

NUTRIENT	PER SERVE
Energy	565kJ
Protein	12.4g
Total Fat	5.8g
Carbohydrate	8.3g
Dietary Fibre	1g
Sodium	296mg

Method

1. Heat the oil in a saucepan, add onions and mixed vegetables and cook for 5 minutes.
2. Increase the heat and add the chicken and tarragon, stir in until the flesh starts to firm up and cook.
3. Add the chicken stock, potatoes and tomato paste, bring to the boil then reduce the heat to a simmer. Cook for 30-40 minutes until all the ingredients are soft.
4. Reduce the sauce whilst stirring constantly. Ensure that the ingredients do not stick to the base of the pan. If the sauce becomes too thick, add a little hot chicken stock before blending.
5. Remove from the heat and season to taste.
6. Allow to cool slightly, decant meal into blender and blend completely to a purée that is smooth and lump free.
7. Add SUSTAGEN® Hospital Formula Neutral Flavour and blend until well combined.
8. Slowly add RESOURCE® THICKENUP® Clear 1 scoop at a time, mixing between scoops so as not to over thicken the mixture. Blend in thoroughly until the mixture reaches a firm consistency that will hold on a spoon when inverted or retain its texture when forked.

Molding

Once the mixture has reached the correct consistency, spread the mixture into the food mold. When the cavities have been filled, cover with the mold lid, then place in the freezer.

Heat & Serve

Once frozen, take the mold tray out of the freezer. Turn the mold tray over and apply gentle pressure to release the frozen food from the mold. Place the frozen food directly onto a plate and allow it to thaw in the fridge. Prior to heating, cover the plated food appropriately to prevent the molded food from drying out e.g. insulated plate cover, heat proof polycarbonate lid. Reheat the molded food on a plate to the desired temperature via a Burlodge style retherm system, a bain marie under counter hot box or a combination oven. Serve.

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Wholesome Fish Fillet



 **Servings:** 12 (75g)

 **Mold Type:** Fish Fillet



Ingredients List

800g fish / hake

300mL reduced fat milk

2 teaspoons seafood
stock powder

150g butter (unsalted)

Mixed seasoning to taste

60g SUSTAGEN® Hospital
Formula Neutral Flavour

RESOURCE® THICKENUP® Clear*

Method

1. Poach fish in milk and seafood stock powder.
2. Add fish and liquid into blender along with melted butter. Season and blend.
3. Add SUSTAGEN® Hospital Formula Neutral Flavour and blend until well combined.
4. Slowly add RESOURCE® THICKENUP® Clear 1 scoop at a time, mixing between scoops so as not to over thicken the mixture. Blend in thoroughly until the mixture reaches a firm consistency that will hold on a spoon when inverted or retain its texture when forked.
5. Serve with tasty white sauce.

Molding

Once the mixture has reached the correct consistency, spread the mixture into the food mold. When the cavities have been filled, cover with the mold lid, then place in the freezer.

Heat & Serve

Once frozen, take the mold tray out of the freezer. Turn the mold tray over and apply gentle pressure to release the frozen food from the mold. Place the frozen food directly onto a plate and allow it to thaw in the fridge. Prior to heating, cover the plated food appropriately to prevent the molded food from drying out e.g. insulated plate cover, heat proof polycarbonate lid. Reheat the molded food on a plate to the desired temperature via a Burlodge style retherm system, a bain marie under counter hot box or a combination oven. Serve.

Nutrition Information

NUTRIENT	PER SERVE
Energy	628kJ
Protein	13.5g
Total Fat	7.4g
Carbohydrate	4.9g
Dietary Fibre	0g
Sodium	232mg

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Juicy Pumpkin



Serving Suggestion

 **Servings:** 24 (45g)

 **Mold Type:** Pumpkin



Ingredients List

960g pumpkin

20g butter (unsalted)

60g SUSTAGEN® Hospital
Formula Neutral Flavour

RESOURCE® THICKENUP® Clear*

Method

1. Peel and wash pumpkin.
2. Steam pumpkin until just tender.
3. Purée pumpkin and melted butter.
4. Add SUSTAGEN® Hospital Formula Neutral Flavour and blend until well combined.
5. Slowly add RESOURCE® THICKENUP® Clear 1 scoop at a time, mixing between scoops so as not to over thicken the mixture. Blend in thoroughly until the mixture reaches a firm consistency that will hold on a spoon when inverted or retain its texture when forked.

Molding

Once the mixture has reached the correct consistency, spread the mixture into the food mold. When the cavities have been filled, cover with the mold lid, then place in the freezer.

Heat & Serve

Once frozen, take the mold tray out of the freezer. Turn the mold tray over and apply gentle pressure to release the frozen food from the mold. Place the frozen food directly onto a plate and allow it to thaw in the fridge. Prior to heating, cover the plated food appropriately to prevent the molded food from drying out e.g. insulated plate cover, heat proof polycarbonate lid. Reheat the molded food on a plate to the desired temperature via a Burlodge style retherm system, a bain marie under counter hot box or a combination oven. Serve.

Nutrition Information

NUTRIENT	PER SERVE
Energy	140kJ
Protein	1.2g
Total Fat	0.8g
Carbohydrate	5.2g
Dietary Fibre	1.2g
Sodium	10mg

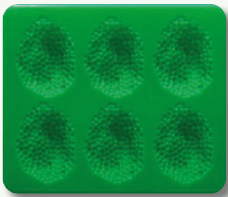
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Flavoursome Peas



 *Servings:* 18 (50g)

 *Mold Type:* Peas



Ingredients List

1kg frozen peas

20g butter (unsalted)

60g SUSTAGEN® Hospital
Formula Neutral Flavour

RESOURCE® THICKENUP® Clear*

Method

1. Blanch the frozen peas in hot water to defrost.
2. Purée peas well to ensure no skins present in final purée.
3. Purée peas with melted butter.
4. Add SUSTAGEN® Hospital Formula Neutral Flavour and blend until well combined.
5. Slowly add RESOURCE® THICKENUP® Clear 1 scoop at a time, mixing between scoops so as not to over thicken the mixture. Blend in thoroughly until the mixture reaches a firm consistency that will hold on a spoon when inverted or retain its texture when forked.

Molding

Once the mixture has reached the correct consistency, spread the mixture into the food mold. When the cavities have been filled, cover with the mold lid, then place in the freezer.

Heat & Serve

Once frozen, take the mold tray out of the freezer. Turn the mold tray over and apply gentle pressure to release the frozen food from the mold. Place the frozen food directly onto a plate and allow it to thaw in the fridge. Prior to heating, cover the plated food appropriately to prevent the molded food from drying out e.g. insulated plate cover, heat proof polycarbonate lid. Reheat the molded food on a plate to the desired temperature via a Burlodge style retherm system, a bain marie under counter hot box or a combination oven. Serve.

Nutrition Information

NUTRIENT	PER SERVE
Energy	206kJ
Protein	4.1g
Total Fat	1.2g
Carbohydrate	5.6g
Dietary Fibre	4.2g
Sodium	14mg

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Nutritious Broccoli



 **Servings:** 24 (45g)

 **Mold Type:** Broccoli



Ingredients List

960g broccoli

30g butter (unsalted)

60g SUSTAGEN® Hospital
Formula Neutral Flavour

RESOURCE® THICKENUP® Clear*

Method

1. Wash and prepare broccoli, cutting off stems and using predominately broccoli florets.
2. Steam until just tender.
3. Purée broccoli and melted butter.
4. Add SUSTAGEN® Hospital Formula Neutral Flavour and blend until well combined.
5. Slowly add RESOURCE® THICKENUP® Clear 1 scoop at a time, mixing between scoops so as not to over thicken the mixture. Blend in thoroughly until the mixture reaches a firm consistency that will hold on a spoon when inverted or retain its texture when forked.

Molding

Once the mixture has reached the correct consistency, spread the mixture into the food mold. When the cavities have been filled, cover with the mold lid, then place in the freezer.

Heat & Serve

Once frozen, take the mold tray out of the freezer. Turn the mold tray over and apply gentle pressure to release the frozen food from the mold. Place the frozen food directly onto a plate and allow it to thaw in the fridge. Prior to heating, cover the plated food appropriately to prevent the molded food from drying out e.g. insulated plate cover, heat proof polycarbonate lid. Reheat the molded food on a plate to the desired temperature via a Burlodge style retherm system, a bain marie under counter hot box or a combination oven. Serve.

Nutrition Information

NUTRIENT	PER SERVE
Energy	128kJ
Protein	2.9g
Total Fat	1.2g
Carbohydrate	1.8g
Dietary Fibre	1.9g
Sodium	23mg

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Tasty Baby Carrots



 **Servings:** 18 (45g)

 **Mold Type:** Baby Carrots



Ingredients List

1kg carrots

20g butter (unsalted)

60g SUSTAGEN® Hospital
Formula Neutral Flavour

RESOURCE® THICKENUP® Clear*

Method

1. Peel and wash carrots.
2. Steam until just tender.
3. Purée carrots and melted butter.
4. Add SUSTAGEN® Hospital Formula Neutral Flavour and blend until well combined.
5. Slowly add RESOURCE® THICKENUP® Clear 1 scoop at a time, mixing between scoops so as not to over thicken the mixture. Blend in thoroughly until the mixture reaches a firm consistency that will hold on a spoon when inverted or retain its texture when forked.

Molding

Once the mixture has reached the correct consistency, spread the mixture into the food mold. When the cavities have been filled, cover with the mold lid, then place in the freezer.

Heat & Serve

Once frozen, take the mold tray out of the freezer. Turn the mold tray over and apply gentle pressure to release the frozen food from the mold. Place the frozen food directly onto a plate and allow it to thaw in the fridge. Prior to heating, cover the plated food appropriately to prevent the molded food from drying out e.g. insulated plate cover, heat proof polycarbonate lid. Reheat the molded food on a plate to the desired temperature via a Burlodge style retherm system, a bain marie under counter hot box or a combination oven. Serve.

Nutrition Information

NUTRIENT	PER SERVE
Energy	147kJ
Protein	1.3g
Total Fat	1.0g
Carbohydrate	5.2g
Dietary Fibre	2.4g
Sodium	36mg

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To order your food molds, please contact
info@pureefoodmolds.com or
visit www.pureefoodmolds.com

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