

SMART
STARCH

Thick & Easy™ puréeing food

Thick & Easy™ – the market leading instant food thickener*



*IMS market share, August 2008

Thick & Easy™
safer nutrition, safer hydration

 Fresenius
Kabi
Caring for Life

Thick & Easy™ puréeing food

Most foods can be liquidised or puréed so a smooth consistency is reached. It will also enhance the appearance of the meals.

Puréed meats

1. Place 100g of cooked meat into a blender. Chop meat to a fine texture.
2. Pour over 100ml of liquid, e.g. stock, gravy etc.
3. Blend to a smooth paste. Add 2 scoops of Thick & Easy™, leave to stand for 1 minute.
4. Reheat in conventional oven or microwave, save as required. Ideal as a sandwich filling.

Puréed fruits

1. Place 100g (4oz) of drained fruit (e.g. peaches, pears) in a blender, blend until smooth.
2. Add 2 scoops of Thick & Easy™ and leave to stand for 1 minute, use as required.

Puréed vegetables

1. Place 100g (4oz) of cooked vegetables in a blender and cover with approximately 75ml of water (depending on the vegetable).
2. Season and blend until smooth.
3. Add 2 scoops of Thick & Easy™ to obtain a creamed potato consistency. Leave to stand for 1 minute.
4. Use as required. The vegetables can be reheated in the conventional oven or microwave.

N.B. The vegetables can be thickened when they are either hot or cold.

