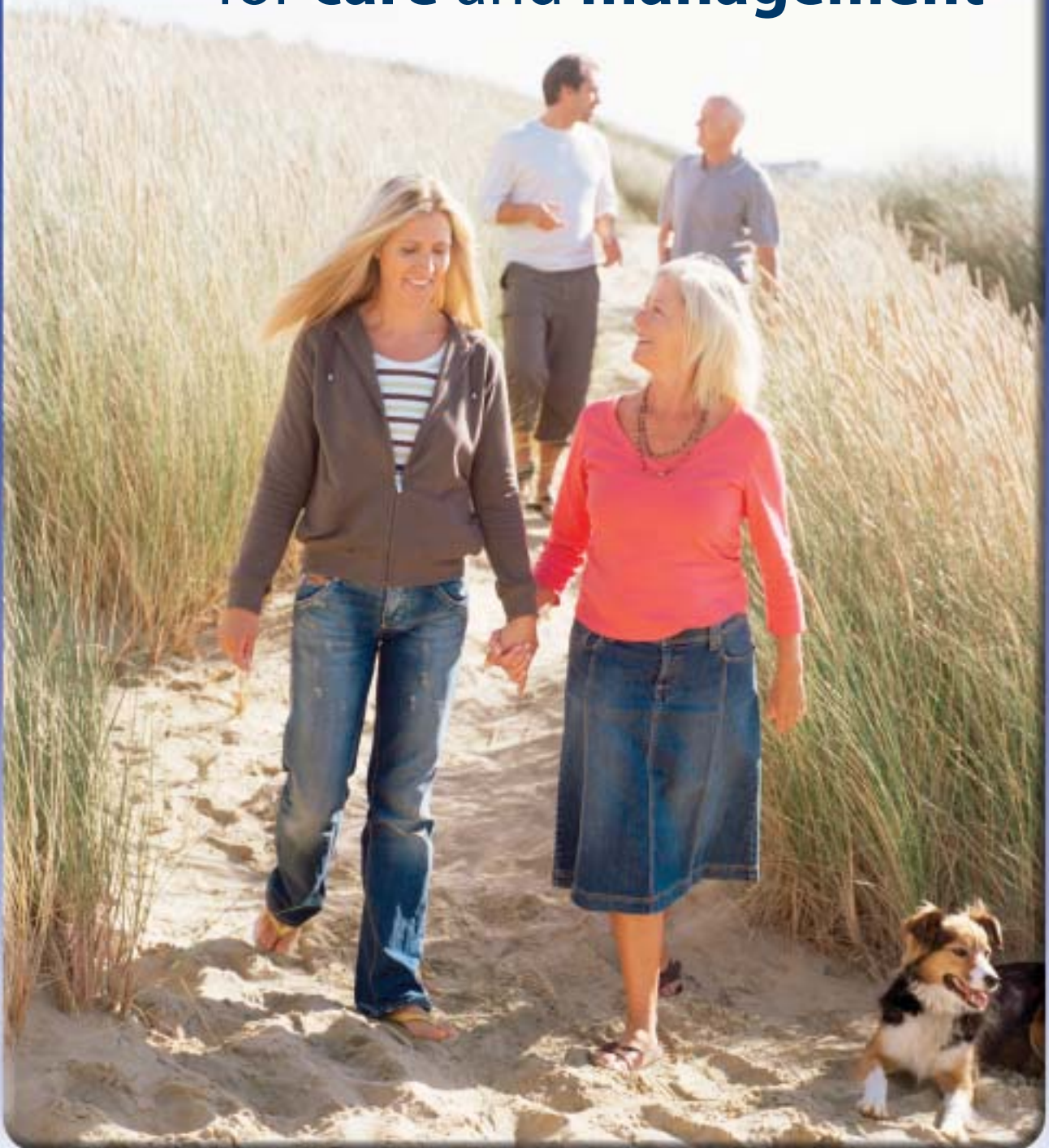


the **Guide** to **Dysphagia**

providing **practical** solutions
for **care and management**



**FRESENIUS
KABI**

caring for life

Fresenius Kabi Recipes Contents

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All recipes are made to 'Texture C*', which is a smooth purée.



* National Descriptors for texture modification in adults (2009) BDA/RCSLT.

Fresenius Kabi Recipes

Thickening – Correct Use of Thick & Easy™

The most frequently asked question at any **Thick & Easy™** demonstration is, “how much Thick & Easy do you have to use for each dish?” The answer is, each dish will require a different amount of **Thick & Easy™** to achieve the correct consistency.

The amounts may not vary greatly, but depending on the ingredients being used, there will be a differential in the amount of thickener required for each dish. This can depend on one or more of the following factors:

- If meat/protein is used in the dish (e.g. chicken, fish, beef, pork or lamb etc.)
- If the recipe includes vegetables
- The proportion and type of any vegetables being used
- The overall quality of the ingredients being used

All of these variables can affect the consistency of the finished dish. So, remember that the finished consistency should:

- Stay on an inverted spoon without dropping off
- Retain a pattern when marked with a fork
- Maintain its shape when piped with a star nozzle

To give you additional guidance, here are a few tips to help you when working with a known quantity of purée.

When preparing **small quantities** of main course/protein purée, it is best to measure the **Thick & Easy™** using the provided scoop.

- Each 200g of purée (approx. 2 portions) will generally require the addition of 2 scoops (@ 4.5g each) of **Thick & Easy™**

For **larger quantities**, it is easier to measure the **Thick & Easy™** by weight.

- Each 3kg (approx. 30+ portions) of main course/protein purée will generally require 150g of **Thick & Easy™**

In **all instances**, once the **Thick & Easy™** has been added:

- Whisk in well, ensuring that all of the thickener and purée are mixed thoroughly together
- Allow to stand for at least 1 minute, it should become fully thickened in this time
- Test the mix to ensure that there is no leeching of liquid
- If the mix looks too wet, add a little more **Thick & Easy™** mix in well and wait another minute for it to thicken. Repeat the process until the correct consistency is achieved.

REMEMBER, the correct/finished consistency should:

- Stay on an inverted spoon without dropping off
- Retain a pattern when marked with a fork
- Maintain its shape when piped with a star nozzle
- Once the mix has reached the correct consistency, place into the appropriate moulds and spread

Don't forget, the slightest change in any recipe will require an adjustment of the Thick & Easy™ content.



Fresenius Kabi Recipes

Fruit and Vegetable Juice Starters

Fruit and Vegetable Starters

All fruit or vegetable juice starters should be made up to 'Stage 3' (pudding) consistency using **Thick & Easy™** as outlined in the National Descriptors* list.

This would usually require two (2) scoops of **Thick & Easy™** per 100ml of strained fruit or vegetable juice. Please allow 60 seconds for standing.

Ingredients:

Vegetable or fruit juice	400ml	Thick & Easy™	8 scoops
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Method

- Pour the vegetable or fruit juice into a jug
- Mix in the 8 scoops of **Thick & Easy™** using a whisk
- Ensure that all of the **Thick & Easy™** is thoroughly mixed in
- Allow to stand and thicken

This recipe will produce the following yield:

- 5 portions @ 80ml
- 4 portions @100ml

Here are a few suggestions to start your menu with:

Cranberry, Raspberry, Grape or Apple Juice

No need to strain but a little sugar or sweetener may be required for some of the sharper juices

Orange, Pineapple or Tropical Fruit combinations

Many of these fruit juice types may need to be strained in order to remove fine bits of fruit flesh

Tomato or Mixed Vegetable Juice

Both of these juices may need to be strained in order to remove fine bits of vegetable flesh

The prepared product should be placed into suitable disposable service containers of either 80 or 100ml capacity allowing for the varying appetites of the patients.

* National Descriptors for texture modification in adults (2009) BDA/RCSLT.



Fresenius Kabi Recipes

Starters and Snacks

Tuna and Mayonnaise Pâté

Yields 8 portions @
76g from the Pâté or
Meat Loaf mould

Ingredients:

Tuna in brine (drained)	450g	Lemon juice	1 Lemon
Tuna brine	20-40g	Cayenne pepper	Taste
Mayonnaise	150g	Mixed seasoning	Taste
		Thick & Easy™	

Method

- Drain the brine from the tuna and retain as it contains nutrients and flavour
- Blend the tuna, a measured amount of brine, and the juice of one lemon
- Scrape down the blender to ensure that all the tuna is broken down
- Add the mayonnaise and blend for a further few minutes, scraping down frequently
- When all is thoroughly smooth, season to taste

Blending

It is vital that the food is broken down completely to a smooth purée that contains no lumps, bone or cartilage, unmixed powders or spices. In effect nothing at all that could present a swallowing/choking hazard.

Chilling

This blended mix should already be cold, as it has not yet been heated. But it is important to ensure that it is chilled to 4°C prior to thickening.

Thickening

Add **Thick & Easy™**, slowly and as necessary, mixing in thoroughly, to achieve a firm consistency that will hold on a spoon, retain its texture when forked and retain its shape when moulded or piped.

Moulding

The prepared, thickened food may now be moulded or piped. Choose a suitable mould or lined tin in which to place the mix, in this case all Starter/Snack dishes should be set in the Pâté or Meat Loaf moulds. If piping, create a small rosette with a large 'Star' nozzle.

For easier handling and service, it is preferable to freeze and defrost as required. So, freeze the shapes or moulds. When frozen solid, remove from the moulds and store in a freezer-stable container. When required, remove from the freezer and defrost to service temperature (5°C-8°C).



Fresenius Kabi Recipes

Starters and Snacks

Turkey and Stuffing Pâté with Cranberry Sauce

Yields 8 portions @ 76g from the Pâté or Meat Loaf mould

Ingredients:

Butter	50g	Cooked turkey	250g
Onions (chopped)	50g	Milk (whole)	200ml
Sage (dried)	1 tspn (heaped)	Cranberry sauce	1 dspn (rounded)
White breadcrumbs	100g	Mixed seasoning	Taste
		Thick & Easy™	

Method

- Melt the butter into a saucepan, add the chopped onions and sage, sweat until soft
- Add the white breadcrumbs and mix in over a gentle heat
- Remove from the heat and allow to cool
- Roughly chop the cooked turkey and add to the cooled stuffing
- Add the milk and cranberry sauce
- Blend partially, to mix in all the ingredients, then season to taste
- Blend further, until thoroughly smooth

Blending

It is vital that the food is broken down completely to a smooth purée that contains no lumps, bone or cartilage, unmixed powders or spices. In effect nothing at all that could present a swallowing/choking hazard.

Chilling

This blended mix should already be cold, as it has not yet been heated. But it is important to ensure that it is chilled to 4°C prior to thickening.

Thickening

Add **Thick & Easy™**, slowly and as necessary, mixing in thoroughly, to achieve a firm consistency that will hold on a spoon, retain its texture when forked and retain its shape when moulded or piped.

Moulding

The prepared, thickened food may now be moulded or piped. Choose a suitable mould or lined tin in which to place the mix, in this case all Starter/Snack dishes should be set in the Pâté or Meat Loaf moulds. If piping, create a small rosette with a large 'Star' nozzle.

For easier handling and service, it is preferable to freeze and defrost as required. So, freeze the shapes or moulds. When frozen solid, remove from the moulds and store in a freezer-stable container. When required, remove from the freezer and defrost to service temperature (5°C-8°C).

Fresenius Kabi Recipes

Starters and Snacks

Vegetarian Cheese and Lentil Pâté

Yields 16 portions @
76g from the Pâté or
Meat Loaf mould

Ingredients:

Butter	50g	Vegetable stock (hot)	1 litre
Onions (chopped)	80g	Cooked and drained red lentils	150g
Diced mixed vegetables (Carrots, swede and parsnip)	225g	Milk powder (whole)	60g
Diced mixed peppers	125g	Grated cheddar	100g
		Thick & Easy™	

Method

- Melt the butter into a saucepan, add the onions and cook until they show a little colour
- Add the diced mixed vegetables and cook with the onions
- Add the diced mixed peppers and the hot vegetable stock, cover the pan and cook gently for approximately 35 minutes or until all the vegetables are tender
- During the cooking process, the liquid content should have reduced by half
- Add the cooked lentils and simmer for a further 2-3 minutes
- Remove from the heat and stir in the milk powder and grated cheese
- Blend quickly, to ensure that the cheese is fully incorporated into the mix

Blending

It is vital that the food is broken down completely to a smooth purée that contains no lumps, bone or cartilage, unmixed powders or spices. In effect nothing at all that could present a swallowing/choking hazard.

Chilling

This blended mix should already be cold, as it has not yet been heated. But it is important to ensure that it is chilled to 4°C prior to thickening.

Thickening

Add **Thick & Easy™**, slowly and as necessary, mixing in thoroughly, to achieve a firm consistency that will hold on a spoon, retain its texture when forked and retain its shape when moulded or piped.

Moulding

The prepared, thickened food may now be moulded or piped. Choose a suitable mould or lined tin in which to place the mix, in this case all Starter/Snack dishes should be set in the Pâté or Meat Loaf moulds. If piping, create a small rosette with a large 'Star' nozzle.

For easier handling and service, it is preferable to freeze and defrost as required. So, freeze the shapes or moulds. When frozen solid, remove from the moulds and store in a freezer-stable container. When required, remove from the freezer and defrost to service temperature (5°C-8°C).



Fresenius Kabi Recipes

Sauces for use with Snacks or Starters

These sauces not only complement each dish with the correct and appropriate flavour, but also are aesthetically pleasing to the eye.

Cucumber Sauce

for use with Tuna and Mayonnaise Pâté

Ingredients:

Peeled cucumber (diced)	1 large	Cream	200ml
Lemon juice	1 Lemon	Mixed seasoning	Taste
		Thick & Easy™	

Method

- Blend all the ingredients together, adjust the seasoning to taste and strain to remove any unblended fibres
- Slowly add **Thick & Easy™** to bring the mixture to 'Stage 3' (pudding) consistency
- The finished sauce may then be kept in a 'squeezy' type sauce bottle
- The sauce may be kept in the refrigerator for up to a week

Cranberry Sauce

for use with Turkey and Stuffing Pâté

Ingredients:

Cranberry juice	500ml	Thick & Easy™	10 scoops
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Method

- Mix together until all the **Thick & Easy™** is thoroughly blended in, the finished sauce may then be kept in a 'squeezy' type sauce bottle.
- The sauce may be kept in the refrigerator for up to a week

Mango Chutney Sauce

for use with the Vegetarian Pâté

Ingredients:

Mango chutney	300g	Water	200ml
Lemon juice	1 Lemon	Thick & Easy™	

Method

- Blend all the ingredients together, adjust the seasoning to taste and strain to remove any unblended fibres
- Slowly add **Thick & Easy™**, bring the mixture to 'Stage 3' (pudding) consistency
- The finished sauce may then be kept in a 'squeezy' type sauce bottle
- The sauce may be kept in the refrigerator for up to a week

Every new batch should be logged and labelled as per HACCP* requirements.

Once the blending, chilling and thickening processes are mastered, new recipes and combinations can be created and developed.

* Hazard Analysis & Critical Control Point

Fresenius Kabi Recipes

Main Courses

Cod and Parsley Sauce

Yields 8 portions @ 100g using the Fish Fillet mould

Ingredients:

Vegetable oil	1 tblspn	Vegetable stock (made up with hot milk)	400ml
Butter	50g	Chopped parsley (fresh)	1 tblspn (heaped)
Sliced onions	60g	Mixed seasoning	Taste
Cod (fresh, cut into large chunks*)	400g	Long life cream	150ml

Thick & Easy™

Method

- Heat the oil and butter in a saucepan, gently sweat the onions, and cook for a couple of minutes
- Add the chunks of fresh cod, cover the pan with a lid and simmer for 10 minutes
- Add the hot stock, stir in well to allow even distribution, and simmer for 10 minutes without a lid, stirring occasionally
- Reduce the cooking liquor by just under one half
- Add the cream and chopped parsley, and season to taste
- Remove from the heat and blend until smooth, per the instructions below

Blending

It is vital that the food is broken down completely to a smooth purée that contains no lumps, bone or cartilage, unmixed powders or spices. In effect nothing at all that could present a swallowing/choking hazard.

Chilling

The blended food should be chilled as quickly as possible down to 4°C, preferably within 90 minutes.

Thickening

Add **Thick & Easy™**, mixing in thoroughly, until the mixture reaches a firm consistency, that will hold on a spoon, retain its texture when forked and retain its shape when moulded or piped. **Thick & Easy™** should be added slowly, in suitably small quantities, so not to over thicken the mixture.

Moulding

The prepared thickened food may now be moulded or piped. Choose a suitable mould or lined tin in which to place the mix. If piping, create a small rosette with a large 'Star' nozzle.

For easier handling and service, it is preferable to freeze and reheat as required. So, freeze the shapes or moulds with every new batch being logged and labelled as per HACCP[†] requirements. When frozen solid, remove from the moulds or trays and store in a freezer-stable container. When required, remove from the freezer and reheat as usual.

*Please ensure that fish is checked thoroughly for bones, prior to cooking.

[†] Hazard Analysis & Critical Control Point

Fresenius Kabi Recipes

Main Courses

Fisherman's Pie

Yields 8 portions @
100g using the Fish
Fillet mould

Ingredients:

Vegetable oil	1 tblspn	Vegetable stock (made up with hot milk)	300ml
Butter	50g	Grated cheddar cheese	100g
Sliced onions	50g	Chopped parsley	1 tblspn
Mushrooms white (fine sliced)	50g	Mixed seasoning	Taste
White fish (any, cut into large chunks)	300g	Long life cream	150ml

Thick & Easy™

Method

- Heat the oil and butter in a saucepan, gently sweat the onions and mushrooms, and cook for a couple of minutes
- Add the chunks of white fish, stir in, cover the pan with a lid and cook for 10 minutes
- Add the hot stock, stir in well to allow even distribution, and simmer for 10 minutes without a lid, stirring occasionally. Reduce the cooking liquor by just under one half
- Add the cream and chopped parsley, and season to taste
- Remove from the heat and blend until smooth, per the instructions below

Blending

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Chilling

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Thickening

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Can be served with Basic Puréed Potatoes (see page 15 for recipe).

* Hazard Analysis & Critical Control Point



Fresenius Kabi Recipes

Main Courses

Chicken Curry

Yields 8 portions @
96g using the
Chicken mould

Ingredients:

Vegetable oil	1 tblspn	Tomato purée	1 tblspn
Diced onions	50g	Chicken stock	300ml
Garlic purée	1 tspn	Coconut milk	100ml
Diced chicken breast	300g	Tinned chopped tomatoes	400ml (med tin)
Curry powder (mild Madras)	1 tblspn	Mixed seasoning	Taste
Diced potatoes	150g	Thick & Easy™	

Method

- Heat the oil in a saucepan, gently sweat the onions and garlic, and cook for a couple of minutes
- Increase the heat and add the diced chicken. Stir in until the flesh starts to firm up and cook
- Add the curry powder, stir in and cook for a further 5 minutes
- Add the chicken stock, coconut milk and chopped tomatoes, simmer for 30-40 minutes
- Add the diced potatoes and tomato purée, bring to the boil and reduce the sauce whilst stirring constantly. Ensure that the ingredients do not stick to the base of the pan
- Remove from the heat, and season to taste
- Allow to cool slightly, then blend until smooth, per the instructions below

Blending

It is vital that the food is broken down completely to a smooth purée that contains no lumps, bone or cartilage, unmixed powders or spices. In effect nothing at all that could present a swallowing/choking hazard.

Chilling

The blended food should be chilled as quickly as possible down to 4°C, preferably within 90 minutes.

Thickening

Add **Thick & Easy™**, mixing in thoroughly, until the mixture reaches a firm consistency, that will hold on a spoon, retain its texture when forked and retain its shape when moulded or piped. **Thick & Easy™** should be added slowly, in suitably small quantities, so not to over thicken the mixture.

Moulding

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Can be served with Puréed Rice (see page 17 for recipe).

* Hazard Analysis & Critical Control Point



Fresenius Kabi Recipes

Main Courses

Chicken and Vegetable Casserole

Yields 8 portions @ 96g using the Chicken mould

Ingredients:

Vegetable oil	1 tblspn	Tarragon (dried)	1 tspn
Diced onions	50g	Diced potatoes	100g
Diced mixed vegetables		Tomato purée	1 tblspn
(Carrot and swede)	150g	Chicken stock (hot)	500ml
Diced chicken	350g	Mixed seasoning	Taste
		Thick & Easy™	

Method

- Heat the oil in a saucepan, gently sweat the onions and diced mixed vegetables, and cook for 5 minutes
- Increase the heat and add the diced chicken and tarragon, stir in until the flesh starts to firm up and cook
- Add the chicken stock, diced potatoes and tomato purée, bring to the boil then reduce the heat to a simmer, cook for 30-40 minutes until all the ingredients are soft
- 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
- Remove from the heat, and season to taste
- Allow to cool slightly, then blend until smooth, per the instructions below

Blending

It is vital that the food is broken down completely to a smooth purée that contains no lumps, bone or cartilage, unmixed powders or spices. In effect nothing at all that could present a swallowing/choking hazard.

Chilling

The blended food should be chilled as quickly as possible down to 4°C, preferably within 90 minutes.

Thickening

Add **Thick & Easy™**, mixing in thoroughly, until the mixture reaches a firm consistency, that will hold on a spoon, retain its texture when forked and retain its shape when moulded or piped. **Thick & Easy™** should be added slowly, in suitably small quantities, so not to over thicken the mixture.

Moulding

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* Hazard Analysis & Critical Control Point

Fresenius Kabi Recipes

Main Courses

Brown Beef and Vegetable Stew

Yields 8 portions @ 110g using the Pork Chop or Sirloin Steak mould

Ingredients:

Vegetable oil	1 tblspn	Mixed herbs (dried)	1 tspn
Diced onions	50g	Diced potatoes	100g
Diced mixed vegetables (Carrot and swede)	150g	Tomato purée	1 tblspn
Diced stewing beef (Chuck and blade if possible)	350g	Brown beef stock	500ml
		Gravy browning	To colour
		Mixed seasoning	Taste
		Thick & Easy™	

Method

- Heat the oil in a saucepan, gently sweat the onions and diced mixed vegetables and cook for 5 minutes
- Add the diced beef and mixed herbs, stir in until the flesh starts to firm up and change colour
- Increase the heat and add the beef stock and tomato purée and bring to the boil. Then reduce the heat to a simmer, and cook gently for 90-120 minutes, or until the beef is soft
- Add the diced potatoes and cook until soft
- Reduce the sauce whilst stirring constantly. Ensure that the ingredients do not stick to the base of the pan. If the sauce has become too thick, add a little hot beef stock before blending
- Remove from the heat, and season to taste
- Allow to cool slightly, then blend until smooth, per the instructions below

Blending

It is vital that the food is broken down completely to a smooth purée that contains no lumps, bone or cartilage, unmixed powders or spices. In effect nothing at all that could present a swallowing/choking hazard.

Chilling

The blended food should be chilled as quickly as possible down to 4°C, preferably within 90 minutes.

Thickening

Add **Thick & Easy™**, mixing in thoroughly, until the mixture reaches a firm consistency, that will hold on a spoon, retain its texture when forked and retain its shape when moulded or piped. **Thick & Easy™** should be added slowly, in suitably small quantities, so not to over thicken the mixture.

Moulding

The prepared thickened food may now be moulded or piped. Choose a suitable mould or lined tin in which to place the mix. If piping, create a small rosette with a large 'Star' nozzle.

For easier handling and service, it is preferable to freeze and reheat as required. So, freeze the shapes or moulds with every new batch being logged and labelled as per HACCP* requirements. When frozen solid, remove from the moulds or trays and store in a freezer-stable container. When required, remove from the freezer and reheat as usual.

Can be served with Basic Puréed Potatoes (see page 15 for recipe).

* Hazard Analysis & Critical Control Point



Fresenius Kabi Recipes

Main Courses

Irish Stew

Yields 4/5 portions
@ 110g using the
Sirloin Steak mould

Ingredients:

Vegetable oil	20ml	Fresh diced leeks	70g
Diced onions	100g	Shredded green cabbage	70g
Diced vegetables, (Carrots and swede)	200g	Diced potatoes	150g
Diced lamb	300g	Fresh parsley	50g
Lamb stock (hot)	800ml	Mixed seasoning	Taste
		Thick & Easy™	

Method

- Heat the oil in a large saucepan, gently sweat the onions, and cook for a couple of minutes
- Add the mixed vegetables, stir in well and cook for a further 10 minutes
- Add the diced lamb and seal with the onions and vegetables
- Add the stock, stirring continuously
- Bring to the boil, then reduce to a simmer and cook for approx. 60 minutes, or until the lamb is tender
- Add the diced potatoes, leeks and shredded cabbage, cook for a further 30 minutes until all the ingredients are tender
- Remove from the heat, and season to taste
- Allow to cool slightly, then blend until smooth, per the instructions below

Blending

It is vital that the food is broken down completely to a smooth purée that contains no lumps, bone or cartilage, unmixed powders or spices. In effect nothing at all that could present a swallowing/choking hazard.

Chilling

The blended food should be chilled as quickly as possible down to 4°C, preferably within 90 minutes.

Thickening

Add **Thick & Easy™**, mixing in thoroughly, until the mixture reaches a firm consistency, that will hold on a spoon, retain its texture when forked and retain its shape when moulded or piped. **Thick & Easy™** should be added slowly, in suitably small quantities, so not to over thicken the mixture.

Moulding

The prepared thickened food may now be moulded or piped. Choose a suitable mould or lined tin in which to place the mix. If piping, create a small rosette with a large 'Star' nozzle.

For easier handling and service, it is preferable to freeze and reheat as required. So, freeze the shapes or moulds with every new batch being logged and labelled as per HACCP* requirements. When frozen solid, remove from the moulds or trays and store in a freezer-stable container. When required, remove from the freezer and reheat as usual.

* Hazard Analysis & Critical Control Point



Fresenius Kabi Recipes

Main Courses

Pork Stroganoff

Yields 8 portions @ 110g using the Pork Chop or Sirloin Steak mould

Ingredients:

Vegetable oil	1 tblspn	Chicken or vegetable stock (hot)	800ml
Garlic purée	1 tspn	Chopped mixed peppers	80g
Sliced onions	100g	Mushrooms (thin sliced)	80g
Carrots	100g	Chopped parsley	1 tblspn
Diced pork	300g	Mixed seasoning	Taste
Sage (dried)	1 tspn	Long life cream	100ml
		Thick & Easy™	

Method

- Heat the oil in a saucepan, gently sweat the onions, carrots and garlic, and cook for a couple of minutes
- Add the diced pork and sage, stir in well, and cook for a further 10 minutes
- Add the stock, stir in well to allow even distribution. Cover the pan with a lid and simmer for 1 hour, stirring occasionally
- Add the peppers and mushrooms, simmer for a further 25 minutes or until all the ingredients are tender. Leave uncovered, and allow the cooking liquor to reduce by two thirds
- Add the cream and chopped parsley, and season to taste
- Remove from the heat, and blend until smooth (per the instructions below)

Blending

It is vital that the food is broken down completely to a smooth purée that contains no lumps, bone or cartilage, unmixed powders or spices. In effect nothing at all that could present a swallowing/choking hazard.

Chilling

The blended food should be chilled as quickly as possible down to 4°C, preferably within 90 minutes.

Thickening

Add **Thick & Easy™**, mixing in thoroughly, until the mixture reaches a firm consistency, that will hold on a spoon, retain its texture when forked and retain its shape when moulded or piped. **Thick & Easy™** should be added slowly, in suitably small quantities, so not to over thicken the mixture.

Moulding

The prepared thickened food may now be moulded or piped. Choose a suitable mould or lined tin in which to place the mix. If piping, create a small rosette with a large 'Star' nozzle.

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* Hazard Analysis & Critical Control Point

Fresenius Kabi Recipes

Main Courses

Summer Vegetable Casserole

Yields 8 portions @ 110g using the Sirloin Steak mould

Ingredients:

Butter	50g	Vegetable stock (hot)	600ml
Leeks	50g	Mixed beans	100g
Onions	50g	Red lentils (cooked)	100g
Carrots	100g	Chopped tinned tomatoes	200g
Parsnips	50g	Seasoning	Taste
Swede	50g	Thick & Easy™	
Marjoram, sage, parsley and thyme	2 tspn of each		

Method

- Melt the butter into a large saucepan and sweat the vegetables and herbs
- Add the stock, and bring to the boil
- Simmer until all the vegetables are cooked, stirring frequently
- Add the mixed beans, cooked lentils and chopped tomatoes
- Cook for a further 10-15 minutes to ensure that the stock is reduced and all the ingredients are fully cooked
- Remove from the heat and season to taste
- Allow to cool slightly, then blend until smooth (per the instructions below)

Blending

It is vital that the food is broken down completely to a smooth purée that contains no lumps, bone or cartilage, unmixed powders or spices. In effect nothing at all that could present a swallowing/choking hazard.

Chilling

The blended food should be chilled as quickly as possible down to 4°C, preferably within 90 minutes.

Thickening

Add **Thick & Easy™**, mixing in thoroughly, until the mixture reaches a firm consistency, that will hold on a spoon, retain its texture when forked and retain its shape when moulded or piped. **Thick & Easy™** should be added slowly, in suitably small quantities, so not to over thicken the mixture.

Moulding

The prepared thickened food may now be moulded or piped. Choose a suitable mould or lined tin in which to place the mix. If piping, create a small rosette with a large 'Star' nozzle.

For easier handling and service, it is preferable to freeze and reheat as required. So, freeze the shapes or moulds with every new batch being logged and labelled as per HACCP* requirements. When frozen solid, remove from the moulds or trays and store in a freezer-stable container. When required, remove from the freezer and reheat as usual.

* Hazard Analysis & Critical Control Point

Fresenius Kabi Recipes

Main Courses

Mixed Vegetable Stroganoff

Yields 8 portions @ 110g using the Sirloin Steak mould

Ingredients:

Butter	60g	Vegetable stock (hot)	600ml
(All vegetables washed and peeled)		Red lentils (cooked)	100g
Garlic purée	1 tspn	Parsley	1 tspn
Onions, carrots, parsnips, swede (mixed)	100g	Milk powder	100g
Mixed peppers	100g	Mixed seasoning	Taste
Marjoram and sage	1½ tspn	Thick & Easy™	

Method

- Melt the butter into a large saucepan and sweat the vegetables and herbs
- Add the hot stock, and bring to the boil. Simmer until the vegetables are cooked, stirring frequently
- Add the lentils and cook until soft
- Mix the milk powder to a smooth paste with a little vegetable stock or water
- Carefully stir the milk paste into the cooking vegetables, until the sauce achieves a creamy colour
- Remove from the heat, and season to taste
- Allow to cool slightly, then blend until smooth (per the instructions below)

Blending

It is vital that the food is broken down completely to a smooth purée that contains no lumps, bone or cartilage, unmixed powders or spices. In effect nothing at all that could present a swallowing/choking hazard.

Chilling

The blended food should be chilled as quickly as possible down to 4°C, preferably within 90 minutes.

Thickening

Add **Thick & Easy™**, mixing in thoroughly, until the mixture reaches a firm consistency, that will hold on a spoon, retain its texture when forked and retain its shape when moulded or piped. **Thick & Easy™** should be added slowly, in suitably small quantities, so not to over thicken the mixture.

Moulding

The prepared thickened food may now be moulded or piped. Choose a suitable mould or lined tin in which to place the mix. If piping, create a small rosette with a large 'Star' nozzle.

For easier handling and service, it is preferable to freeze and reheat as required. So, freeze the shapes or moulds with every new batch being logged and labelled as per HACCP* requirements. When frozen solid, remove from the moulds or trays and store in a freezer-stable container. When required, remove from the freezer and reheat as usual.

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Fresenius Kabi Recipes

Potatoes, Vegetable, Rice and Pasta Accompaniments

Basic Puréed Potatoes

Maincrop potatoes such as **Cara, Desiree, King Edward** and **Pentland Squire** are all excellent examples of good potatoes for mashing and puréeing.

New potatoes are waxy, take longer to cook and can be very 'gloopy' when mashed. It is therefore recommended that new potatoes are avoided when producing Dysphagic recipes.

Ingredients:

Potatoes (maincrop)	1 kg	Grated nutmeg	Pinch
Butter	150g	Mixed seasoning	Taste
Milk (hot)	500ml	Thick & Easy™	

Method

- Wash, peel and rewash the potatoes, and cut into even sizes
- Place into a suitable size saucepan and cover with slightly salted water
- Bring to the boil, turn down to a simmer and cook for 20-25 minutes
- Whilst the potatoes are cooking, place the butter and milk into a saucepan and heat, melting the butter into the milk. **DO NOT BOIL**
- When the potatoes are cooked, drain off the cooking water and 'dry mash' them. This ensures that all of the potato is broken down before any liquid is added
- Add the hot milk and melted butter, and stir in well
- Add the grated nutmeg and mixed seasoning, and blend until smooth (per the instructions below)

Blending, Chilling, Thickening should be carried out as for the 'Main Course' recipes

Recommendations for portioning, when potatoes are piped or shaped

Potatoes may be piped into a variety of shapes with a large 'Star' nozzle, e.g. *Duchess* (walnut whip shape), *Marquis* (small nests), *Large Nests* (to be filled with main ingredients), *Croquettes*, *Scrolls* and *Whirls*.

Portion sizes need to be determined by:

- The patient's appetite
- The patient's ability to eat
- Any special information supplied by a dietitian regarding individual patient needs

Piping specific sizes is a matter of practice and a certain amount of experimentation will be required. To do this, you will need:

- An 8x8cm (3x3in) piece of lightly oiled greaseproof paper
- A piping bag with a large 'Star' nozzle, two thirds filled with some prepared puréed potatoes
- A set of scales

Working on the greaseproof paper square, pipe a small *Duchess* (walnut-whip shape) then lift the shape onto the scales and weigh it. Popular weights would be 50g small, 80g medium and 100g for a large portion.

With practice, and having gained an eye for portion sizes, it is an easy progression to pipe multiple portions of a given weight directly onto a lightly oiled tray prior to freezing.

Fresenius Kabi Recipes

Potatoes, Vegetable, Rice and Pasta Accompaniments

Basic Puréed Potatoes

Continued

Some ideas for flavour variations with potato dishes:

- **Marquis Potatoes**, a small or medium potato nest with a teaspoon full of Tomato Concasse* placed in the centre of the nest. Use with any hot dishes
- **Garlic Potatoes**, basic puréed potato recipe with the addition of garlic purée to taste at the purée stage of production. Use with hot dishes or salads
- **Bombay Potatoes**, basic puréed potato recipe starting with a few sweated onions and a tablespoon of curry powder prior to cooking the potatoes. Alternatively, add one or two teaspoons of pre-cooked curry paste at the 'dry mashing' stage. Use with hot dishes or salads
- **Cheesy Potatoes**, basic puréed potato recipe with the addition of grated cheese at the 'dry mash' stage. Use with hot dishes or salads
- **Potato Salad**, basic puréed potato recipe with the addition of a few sweated onions prior to cooking the potatoes, then add two or three table spoons of mayonnaise at the cold stage, just prior to thickening. Use with salads

**Please see Gravies, Sauces and other Preparations.*

Vegetable Dishes

Basic recipe for root vegetables, flowers and pulses

Ingredients:

Assorted roots, e.g. carrot, swede, turnip, parsnip or others 1 kg

Thick & Easy™

OR

Flowers, e.g. broccoli, purple sprouting and cauliflower 1 kg

Thick & Easy™

Method

- Wash, peel or trim and rewash the vegetables, and cut into even sizes
- Plunge the vegetables into a pan of boiling, slightly salted water
- Return to the boil, turn down to a simmer and cook for 20-25 minutes
- Whilst the vegetables are cooking, place the butter and some of the vegetable cooking liquor into a saucepan and heat, melting the butter into the liquor. **DO NOT BOIL**
- When the vegetables are cooked, drain and 'dry mash' them. This ensures that all of the vegetable is broken down before any liquid is added
- Add the hot liquor and melted butter, stirring in well. Add the mixed seasoning to taste and blend until smooth

Blending, Chilling, Thickening should be carried out as for the 'Main Course' recipes

Moulding, Piping or Shaping methods will differ with the Vegetable dishes as there are more options available. These are as follows;

- The 'Bunch of Carrots' mould holds just over 50g (per individual mould) with 10 bunches to a tray
- The 'Cauliflower' or 'Broccoli' mould holds 58g, per individual mould, with 8 florets to a tray
- All vegetables may be shaped or piped into *Duchesses, Balls, Croquettes, Scrolls* and *Whirls* at 50, 80 or 100g, portion sizes (S,M and L respectively), depending on requirements

Fresenius Kabi Recipes

Potatoes, Vegetable, Rice and Pasta Accompaniments

Vegetable Dishes

Continued

Pulse Dishes

Pulse vegetables have to be dealt with separately as it is better if the vegetables are pre-cooked, then weighed.

Any vegetable with an outer skin, such as chick peas or haricot beans, should be well cooked and the skins removed. If left in, the fine blended skins present a grainy texture that can be detected on the pallet. The traditional method of doing so is to pass the cooked vegetables through a sieve with a wooden mushroom but this can be very time consuming and not cost effective.

Ingredients:

Pulse, e.g. green or red lentils, green or yellow split peas, haricot beans	1 kg	Butter	150g
		Mixed seasoning	Taste
		Thick & Easy™	

Method

- Select and weigh the cooked pulses
- Add the hot milk and melted butter, and stir in well
- Add the mixed seasoning to taste and blend thoroughly as described, until smooth. A little of the cooking liquor maybe required at this stage to produce a sauce consistency

Thickening should be carried out as for the 'Main Course' recipes

- All pulses may be shaped or piped into *Duchesses, Balls, Croquettes Scrolls* and *Whirls* at 50, 80 or 100g, portion sizes (S,M and L respectively), depending on requirements

Rice and Pasta

It must be remembered that there can be no 'Al Dente' with these recipes. Both rice and pasta dishes must be cooked to a ' pudding', almost a 'Sauce' consistency, prior to blending.

Thickening should be carried out as for the 'Main Course' recipes

All rice and pasta may be piped into *Large Nests* to be filled with *Meat Main Courses* (e.g. Chicken Curry or Beef Bolognaise). *Croquettes, Scrolls* and *Whirls* are also acceptable as an accompaniment at the usual weights of 50, 80 or 100g, depending on requirements.

Different types of rice and pasta can be achieved with the addition of certain flavours, at the cooking stage. For example:

- | | | |
|------------------------|-----|--|
| ● Creamed rice pudding | Add | Sugar, vanilla essence, butter, cream |
| ● Baked rice pudding | Add | Sugar, grated nutmeg, butter, cream |
| ● Basmati rice | Add | Ghee or butter, turmeric, ground cumin |
| ● Thai rice | Add | Coconut butter, garlic, chilli |
| ● Pilau rice | Add | Ghee, garlic, curry powder, onion |
| ● Pasta basic | Add | Olive oil, basil, garlic |

All savoury dishes should be well seasoned. But any large dried herbs, such as bay leaves or a cinnamon stick MUST be removed prior to blending.

Fresenius Kabi Recipes

Gravies and Sauces

All Gravies and Sauces shown here are meant to be made on the day, for the production of that day only, and should all be served hot.

These sauces are for a 'Stage 1' consistency (National Descriptors*) using **Thick & Easy™**.

Basic Stock	Boiling water Stock paste or Bouillon (beef, chicken, vegetable or fish) Thick & Easy™	1 litre Make up to taste 8 scoops (whisk in)
Vegetarian Gravy	Boiling vegetable stock Thick & Easy™ Gravy browning	1 litre 10 scoops (whisk in) To colour (light brown)
Chicken Gravy	Boiling chicken stock Thick & Easy™ Gravy browning	1 litre 10 scoops (whisk in) To colour (chestnut brown)
Cranberry Gravy	Boiling chicken stock Cranberry jelly or jam (blended with stock then strained) Thick & Easy™ Gravy browning	1 litre 2 tblspn 10 scoops (whisk in) To colour (light Brown)
Curry Sauce	Boiling chicken or vegetable stock Tomato paste Chopped onion Curry paste (all ingredients blended and strained) Thick & Easy™	1 litre 2 tblspn 1 litre Taste 10 scoops (whisk in)
Parsley Sauce	Boiling milk Chopped parsley (fresh) Thick & Easy™	1 litre 2 tblspn 10 scoops (whisk in)
Cheese Sauce	Boiling milk Thick & Easy™ Cheese (grated)	1 litre 10 scoops (whisk in) 200g
Tomato Concasse	Tinned tomatoes (pips removed) and juice Chopped, sweated onions Thick & Easy™ Blend thoroughly, until smooth, and season to taste. Thicken as per the 'Main Course' recipes. Use to fill 'Marquis Potato' nests or shape using the 'Apricot' mould, to resemble tomatoes for use on salads.	500g 1 large (whisk in)

* National Descriptors for texture modification in adults (2009) BDA/RCSLT.



Fresenius Kabi Recipes

Hot and Cold Desserts

The production of desserts can be quite simple, as many of the ingredients are soft and need only a short time in the blender to produce a smooth consistency.

When blending cooked fruits such as apples and pears it may be wise to strain the finished results to ensure that there are no hard skin pieces, or core, left in the purée. When thickening these the National Descriptor* consistency to be achieved is 'Stage 3' (pudding).

Apple Vanilla Sponge and Custard

Ingredients:		Ready made custard	1 litre
Apple pack (tinned)	500g	Cream (single)	To adjust
Madeira cake	600g	Thick & Easy™	

Method

- Blend and thicken all the ingredients to the consistency
- Portion into pudding bowls, cover and regenerate in the microwave or a Bain Marie
- Serve with a spoonful of hot jam sauce

Chocolate Sponge and Chocolate Sauce

Ingredients:		Chocolate powder	To colour & flavour
Chocolate sponge	800g	Cream (single)	To adjust
Ready made custard	1 litre	Thick & Easy™	

Method

- Method as per Vanilla Sponge, serve with Chocolate Sauce

Hot Milk Puddings

Rice, Tapioca, Macaroni and Semolina can all be used for these popular desserts

Ingredients:		Sugar	To sweeten
Rice	250g	Vanilla essence	To taste
Water	Enough to well cook the rice without drying out	Cream or evaporated milk	To enrich
		Thick & Easy™	

Jam Sauce

- Take 1 standard jar (465g) of jam – strawberry, raspberry or apricot
- Add 450ml of water and 60g of sugar
- Mix together then bring to the boil in a stainless steel saucepan
- When the mixture has boiled briefly, remove from the heat and whisk vigorously with a hand whisk
- Strain, check for lumps then thicken to 'Stage 3' (pudding). Serve hot

Chocolate Sauce

Ingredients:		Chocolate powder	To colour & flavour
Boiling milk	1 litre	Thick & Easy™	
Sugar	To sweeten		

Method

- Mix all ingredients together with a whisk then thicken to 'Stage 2' consistency. Serve hot

* National Descriptors for texture modification in adults (2009) BDA/RCSLT.



Fresenius Kabi Recipes

Hot and Cold Desserts

Cold Puréed Fruits

It must be remembered that all fruits have a different acidity level, and in most cases, once puréed, that acidity will have to be balanced with the addition of a little sugar.

Fruits that lend themselves to cold puréed fruit dishes, include:

- Tinned apple pack
- Tinned pears
- Tinned apricots
- Fresh melons (most varieties) – must be ripe
- Fresh strawberries
- Fresh raspberries and blackberries but, due to their sharpness, are better when mixed with other fruits (e.g. apple and blackberry or melon and raspberry)

The basic recipe is always the same:

- Select the fruit of your choice
- Blend thoroughly and test for 'sweet and sour' balance, and adjust if necessary
- Thicken to 'Stage 3' (pudding) consistency and mould accordingly

Any one of the three fruit moulds can be used:

- The 'Pear' mould is the largest @ 100g each, with 8 to a tray
- The 'Melon' mould is the next size down @ 92g each, with 6 to a tray
- The 'Apricot' mould is the smallest of the three @ 58g each, but holding 12 to a tray

When moulding Cold Puréed Fruits, it may improve the visual quality of the dish if a small amount of the mixture is coloured, red, green or a combination of both; and painted onto the inside of the 'Pear' or 'Melon' mould, prior to filling with puréed fruit. This gives an impression of the blushed skin of the fruit, once turned out and served. When a thread of Raspberry Coulis is added to the plate, the picture is complete.

With these few basic skills, the world of good quality Dysphagic meals is within everyone's reach.



the **Guide** to **Dysphagia**

providing **practical** solutions
for **care** and **management**

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