

Method

All ingredients must be weighed

1

Cook meat/vegetables.

2

Place liquid + **Shape It** in saucepan over medium heat. To activate **Shape It**, bring to boil then simmer for 2 minutes to cook out.

3

Place hot meat/vegetables + hot liquid mixture + ThickPlus (if required) in blender. Blend until minced & moist, then take out portion for Texture B if required. Continue to puree until smooth for Texture C.

4

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

5

Remove from mould and serve, or store in fridge or freezer for later use. To serve warm/hot, cover food securely and reheat at low temperature.

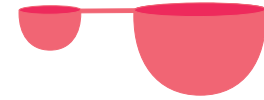
Do not allow direct heat contact. Dry heat will form a crust which may pose a choking hazard, while steam will cause the shaped food to collapse.

*Always have a Speech Pathologist check to ensure the texture is correct. If the moulded food is not holding shape, add more **Shape It** to next batch.*

Ingredients

	Cooked Meat/Vegetables	Weight	Liquid <small>(e.g. stock, gravy, milk)</small>	Shape It	ThickPlus
MEAT	Chicken	1 kg	400 mL	1 x Scoop B + 7 x Scoop A (17 g)	3 tsp (11.1 g)
	Fish	1 kg	300 mL	1 x Scoop B + 5 x Scoop A (15 g)	-
	Beef Lamb	1 kg	400 mL	1 x Scoop B (10 g)	1½ tsp (5.5 g)
VEGETABLES	Broccoli Cauliflower Pumpkin	1 kg	200 mL <small>(adjust if vegetables have excess fluid)</small>	2 x Scoop B (20 g)	-
	Carrots	1 kg	200 mL	1 x Scoop B + 2 x Scoop A (12 g)	-
	Peas	1 kg	200 mL	1 x Scoop B (10 g)	1 tsp (3.7 g)
	Potatoes <small>(to make chips)</small>	800 g	450 mL milk	7 x Scoop B (70 g)	-

An individual's requirements for texture-modified food and/or thickened fluids may vary between individuals and over time. For that reason, these recipes are supplied as a practical guide only, and all prepared foods should be assessed by a speech pathologist and dietitian to determine their suitability for individual clients.



Method

All ingredients must be weighed

Cake/Scones

1

Place cake/scones in blender and blend to crumbs.

2

Place liquid + **Shape It** in saucepan over medium heat. To activate **Shape It**, bring to boil then simmer for 2 minutes to cook out. Pour over crumbs and fold in gently until smooth.

3

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

4

Remove from mould and serve. To serve scones warm, cover food securely and reheat at low temperature.
Do not allow direct heat contact. Dry heat will form a crust which may pose a choking hazard, while steam will cause the shaped food to collapse.

*Always have a Speech Pathologist check to ensure the texture is correct.
If the moulded food is not holding shape, add more **Shape It** to next batch.*

Fruit

1

Place fruit + liquid and ThickPlus (if required) + **Shape It** in blender. Blend until minced and moist, then take out portion for Texture B if required. Continue to puree until smooth for Texture C.

2

Place mixture in saucepan over medium heat. To activate **Shape It**, bring to boil then simmer for 2 minutes to cook out.

Ingredients

	Food	Weight	Liquid (e.g. milk, juice, syrup)	Shape It	ThickPlus
CAKE/SCONES	Cake Scones	100 g	250 mL	2 x Scoop A (2 g)	-
FRUIT	Apples	800 g	-	1 x Scoop B (10 g)	-
	Apricots	600 g	300 mL	5 x Scoop A (5 g)	-
	Mangoes	600 g	300 mL	1 x Scoop B + 3 x Scoop A (13 g)	¼ tsp (0.9 g)
	Peaches	600 g	300 mL	5 x Scoop A (5 g)	-
	Pears	600 g	300 mL	8 x Scoop A (8 g)	-

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