

A festive Christmas lunch table setting. In the foreground, a white plate holds a variety of food: slices of turkey, a piece of roast beef with a dark brown gravy, green peas, orange and yellow roasted vegetables, and a portion of green stuffing. To the right of the plate is a small white mug decorated with three cartoon elves. A silver spoon and knife are placed on a white napkin next to the mug. In the background, two tall wine glasses filled with white wine stand on the table. Behind them are several lit candles in holders, some with "MERRY CHRISTMAS" written on them. The background is softly blurred, showing a window with light coming through and some Christmas decorations like gold tinsel and red baubles.

shaped

Christmas Lunch



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CANAPE

SMOKED SALMON, CREAM CHEESE &
CHIVES ON PANKLETS +
SPINACH & FETTA CANAPE

MAIN

CHRISTMAS ROAST TURKEY AND HAM WITH
GREEN BEANS AND VEGETABLES.

DESSERT

WHITE CHOCOLATE PUDDING



The importance of shaping food

shape it INSTANT

Flavour Creations' Shape It is a natural product that is gluten, nut, soy, dairy free, kosher and halal certified and vegan suitable. Developed to specifically address the need to enhance the dining experience by ensuring the food served looks as natural and or appealing as possible without compromising flavour or aroma. Shape It enables you to mould any food and fluids into any shape, then served as a whole or mini meal

and finger food.

Adding Shape It to pureed foods allows them to be moulded or shaped to a three-dimensional form that either resembles the original food, or is in a shape that adds interest and visual appeal to the plate; while maintaining a texture that is still suitable for people on a smooth puree diet. Most importantly, with good planning, it will not take any additional time.

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The best way to make food more enticing is to improve its presentation.



Smoked Salmon, Cream Cheese & Chives on Panklets

INGREDIENTS

1¼ cup (185g) plain flour
½ cup (90g) caster sugar
190mL full cream milk
2 large (59g) eggs
Butter

Soaking Solution
1.1L full cream milk
1 x Scoop B Shape It

DIRECTIONS

Smoked Salmon

1. Puree quantity required and add a little bit of olive oil to make a pliable paste.
2. Put into a piping bag with a flat nozzle. Pipe into long strips.

Cream Cheese & Chives

1. Finely chop chives (to taste) and puree with cream cheese.

Panklets

1. Combine flour and sugar in a bowl.
2. Whisk milk, eggs, and if fortifying, Advital. Add flour to mix, whisking until smooth.
3. Heat a non-stick frying pan over medium heat, melt a small amount of butter. Drop heaped tablespoons of the mixture into pan and cook for a few minutes or until bubbles appear on the surface.
4. Turn over and cook until puffed and golden.
5. Turn onto greaseproof paper and repeat steps 3 and 4 until all the batter is used.

Soaking

1. Break up 450g of panklets (or 550g of fortified panklets) into a food processor, pulse to crumbs, pour into a large bowl.
2. Whisk milk and Shape It in a saucepan, bring to the boil over medium heat and simmer gently for 2 minutes.
3. Pour hot soaking solution over crumbs and mix well until smooth and completely saturated.
4. Drop pureed teaspoon full onto a tray lined with baking paper and refrigerate until set.

To serve, spread the cream cheese mixture on panklets and place salmon strips on top.



Spinach & Fetta Canape

Bread base

1. Crumb 80g bread
2. Mix 300mL milk and 3 x Scoop A Shape It into a pot, bring to the boil and simmer for 2 minutes.

Topping

1. Pour into a shallow baking tray lined with cling wrap. Refrigerate until set.
2. Puree equal quantities of cooked spinach and fetta. Add enough oil to make a pliable paste.

To Serve, cut out circles or any bite size shape of the bread. Pipe spinach mix on top.

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Christmas Roast

INGREDIENTS

Turkey

500g hot cooked turkey meat
100mL stock
6 x Scoop A Shape it
1tsp Thick Plus

Ham

400g Ham
80mL stock
3 x Scoop A Shape it
1/4 tsp Thick Plus

Roast Pumpkin

1kg cooked pumpkin
1 x Scoop B
2 x Scoop A Shape it

Roast Potato

800g hot mashed potato
150mL milk
5 x Scoop B Shape it

Steamed Green Beans

500g cooked green beans
100mL vegetable stock
8 x Scoop A Shape It
Salt and pepper to taste

Dye Solution (per 100g):

10g yellow + 0.5g green +
0.5g red + 89g water

Mix together, pour in spray
bottle for use or brush on
with pastry brush.

DIRECTIONS

Turkey & Ham

1. Activate Shape It with stock, bring to the boil and simmer for 2 minutes.
2. Pour into a food processor with hot turkey and puree until smooth.
3. Place mixture into cling wrap and form into a roll shape.
4. Refrigerate until set.

To Serve

1. Thinly slice pieces of turkey and ham placing onto serving plate.

Green Beans

1. Place stock or milk and Shape It into a saucepan, bring to the boil over medium heat. Simmer gently for 2 minutes, stirring occasionally.
2. Place hot steamed beans into a food processor, pour in hot liquid, puree until smooth. Season to taste. Pass through a fine sieve if needed.
3. Pour into the prepared mould with lid and refrigerate until set.
4. Remove from mould and heat before serving (reheat according to the Shape It reheating guide on our website flavourcreations.com.au).

Roast Pumpkin

1. Puree together then place into a pot. Bring to boil over medium heat then simmer for 2 minutes

2. Pour into a lined high sided container to the depth you want the final portions to be. We used 2cm.
3. Cover and refrigerate until set.

Roast Potato

1. Activate Shape It with the milk, bring to the boil over medium heat and simmer for 2 minutes. Then stir into hot mash until well combined.
2. Pour into a lined high sided container to the depth you want the final portions to be. We used 2cm.
3. Cover and refrigerate until set.

To Serve

1. Cut portions into chunks and place onto a separate tray.
2. Spray or brush dye solution onto each piece to give it that "roasted" look.
3. Place onto dinner plate with meats.

Stuffing & Gravy

1. Use your own or you could cheat with a stuffing mix and instant gravy.

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White Chocolate Pudding

INGREDIENTS

400g butter
500g white chocolate
400mL water
2 cups caster sugar
2 tsp vanilla extract
4 eggs, lightly beaten
2 cups plain flour
2 cups self-raising flour

Soaking liquid

600mL milk
6x Shape It Scoop A

White chocolate ganache

400g white chocolate
1/2 cup thickened cream

DIRECTIONS

Directions

1. Preheat oven to 150C. Grease and line an 8.5cm deep, 22.5cm square cake pan.
2. Combine butter, chocolate and 400ml water in a large heatproof bowl or pot. Place over a double boiler until melted and combined.
3. Stir in sugar and vanilla, add egg and mix well.
4. Stir in flours
5. Pour mixture into prepared pan and place in the oven. Allow to cool completely in pan. Carefully turn cake out. Wrap in plastic wrap and foil. Store at room temperature.

To make 12 Puddings

1. In a food processor crumb 400g cake
2. Add 6 x Scoop A Shape It in 600mL milk, bring to the boil then simmer for 2 minutes
3. Stir through crumbs and let stand for 5 minutes, then stir again until milk absorbed.
4. Pour mixture into muffin trays or set as a block in a cake tin. Refrigerate until set.
5. Remove pudding from tray or slice into desired size and plate.

White Chocolate Ganache

1. Combine cream and chocolate in a large heatproof bowl or pot. Place over a double boiler until melted and combined.
2. Cool off slightly then pour over plated puddings.

