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*your essential guide to shaped cuisine*

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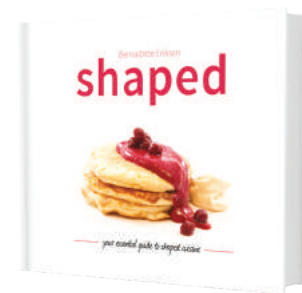
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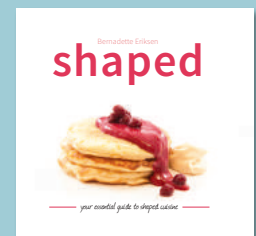
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# Chicken Parmigiana

*A best-loved Sunday lunch.*

**Serves:** 6-8

**Prep Time:**  
1 hour

**Preparation**

**Ham & Chicken:**  
Prepare a layer of  
cling film on a tray  
around 40cm in  
length

## Ingredients

### Chicken

600g cooked boneless and skinless chicken, cut into rough 1cm cubes

240mL chicken poaching liquid or chicken stock

1 x Scoop B **Shape It**

1 1/2 tsp [ThickPlus](#)

Salt and pepper to taste

### Ham

400g chopped boneless ham

160g water, stock or full cream milk

4 x Scoop A **Shape It**

1/4 tsp [ThickPlus](#)

### Breadcrumbs

100g fresh fine breadcrumbs

6 x Scoop A **Shape It**

Parisian essence (to desired colour)

400ml Full cream milk

### Cheese Sauce

1 tbsp butter

1 tbsp plain flour

1 tsp mustard

250ml milk

1/2 cup packed grated cheese

## Method

### Chicken

1. Whisk liquid and **Shape It** in a saucepan, bring to the boil over medium heat. Simmer gently for 2 minutes, stirring occasionally.
2. Pour into a food processor with hot chicken. Add [ThickPlus](#) and puree until smooth, scrape down sides as required and blend thoroughly. Season to taste with salt and pepper.
3. Shape into flat pieces resembling chicken parmigiana portions. Cover with cling film, refrigerate until set.

### Ham

1. Whisk water and **Shape It** in a saucepan, add ham. Bring to the boil over medium heat and simmer gently for 2 minutes, stirring occasionally.
2. Transfer the mixture to a food processor, add [ThickPlus](#) and puree until completely smooth, scraping down the sides as required.
3. Pour into the prepared tray and spread into desired thickness for placing on top of chicken portions. Cover with cling film. Refrigerate until set.

### Breadcrumbs

1. Whisk milk, Parisian essence and **Shape It** in a saucepan, bring to the boil over medium heat. Simmer gently for 2 minutes, stirring occasionally.
2. Pour over the crumbs and mix until smooth and well mixed, pour the mixture onto the prepared tray and smooth out to form an even layer to act as the chicken crumb. Fold the overhanging edges of cling film over the surface to shape and cover. Refrigerate until set.

### Cheese Sauce

1. Make a roux with butter and flour, add mustard and whisk in milk.
2. Cook for 1-2 minutes.
3. Stir in cheese until melted and well combined. You want this to be very thick. Make sure you use a tasty cheese or one that will give a short texture. You do not want it to “stretch” like a mozzarella.

## Sauce

1 large onion chopped

2 cloves garlic chopped

1 red capsicum chopped

2 tbsp oil

some powdered stock or flavouring - Vegeta

Place all ingredients into pan with oil and cook until soft, you might need to add 1/2 cup water to stop it from drying out.

Puree with 1 tsp of [ThickPlus](#) then return to pan.

250mL Passata

1 tsp brown sugar

Add Passata and sugar combine well and set aside.

## To assemble and serve

### Microwave

1. Place a layer of bread mix onto plate.
2. Lay chicken on top, then a slice of ham.
3. Cover and seal then reheat in an 1100 watt microwave 90 seconds.
4. Spoon desired amount of hot tomato sauces over chicken, then hot cheese sauce.
5. Sprinkle with parmesan and parsley dust.

### Oven

1. Place a layer of bread mix onto a lined tray.
2. Lay chicken on top, then a slice of ham. Repeat for as many serves needed.
3. Cover ensuring no air or steam can contact portions.
4. Reheat in the oven until desired temperature is reached.
5. Heat the tomato and cheese sauces separately on the stove top or in a microwave.
6. Plate the chicken portions .
7. Spoon desired amount of hot tomato sauces over chicken, then hot cheese sauce.
8. Sprinkle with finely grated parmesan cheese and parsley dust (see page 4 for recipe) then serve.

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# Greek Salad

Tangy, zesty and fresh.

Serves: 6-8

Prep Time:

30 minutes

Preparation

Pumpkin: 18cm square container lined with cling film or baking paper

Olives and Tomatoes: Using cooking spray, lightly spray Shape It Mould #10

## Ingredients

### Cucumber

300g pureed cucumber - skin and seeds removed

3 x scoop A **Shape It**

### Tomatoes

400g of Passata

1 x Scoop B **Shape It**

1 tsp white sugar, or to taste

Salt and black pepper, to taste

### Olives

60mL water

20mL brine from olives

4 x scoop A **Shape It**

100g pitted kalamata olives

### Persian feta

100g Persian feta

### Oregano Dust

To Taste

## Method

### Cucumber

1. Place cucumber and **Shape It** in a saucepan, bring to the boil over medium heat. Simmer gently for 2 minutes, stirring occasionally.
2. Pour into prepared container. Cover with cling film, refrigerate until set.

### Tomatoes

1. Place Passata into a medium saucepan with **Shape It**. Bring to boil over medium heat and simmer gently for 2 minutes, stirring constantly.
2. Season to taste with sugar, salt and pepper. Pour into the prepared mould, cover with mould lid and refrigerate until set.
3. Remove from mould.

### Olives

1. Puree all ingredients together until completely smooth. If not completely smooth push through a sieve to remove any lumps. Transfer to a small saucepan.
2. Bring to the boil over medium heat and simmer gently for 2 minutes, stirring occasionally.
3. Pour into the prepared mould or container, cover and refrigerate until set.

### To Serve

4. Cut set cucumber into 1.5cm cubes. Cut set olives and tomatoes in half. To assemble, arrange the cucumber, tomatoes and olives on plates. Add the Persian feta. Drizzle with lemon juice and olive oil to dress and sprinkle with oregano dust. Serve with Chicken parmigiana! (pg4).

## Hints & Tips

### Making Parsley, Mint or Oregano Dust.

1. Spread the herbs across a baking tray and place another one over the top leaving a gap
2. Place into a hot oven 180 – 200°C until the herbs are completely dried out
3. The leaves will fall easily off stalks with gently rubbing
4. Place the leaves into a coffee bean grinder and grind until they are dust
5. Sieve into your storage jar

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# Beef Stroganoff

A comforting traditional classic.

Serves: 6

Prep Time:

1 hour

Preparation

Beef:

Line a shallow tray with cling film or baking paper

Mushrooms:

Using cooking spray, lightly spray Shape It Mould #10

## Ingredients

### Sauce

1 onion, large

2 garlic cloves crushed

1 tbs oil

100g passata or 3 tsp tomato paste

Salt and pepper to taste

1 cup stock

1 tsp [ThickPlus](#)

4 tsp cornflour

### Beef

750 g uncooked steak (roughly 600 g cooked)

250 ml beef stock

1 tsp [ThickPlus](#)

### Mushrooms

200g chopped or sliced mushrooms

50mL water (If possible use the juices from cooking the mushrooms)

4 x Scoop A **Shape It**

### Rice

1/2 Cup (80g) white rice flour

Pinch salt

200ml chicken stock

300ml milk

4 x Scoops [AdVital](#) (optional)

To Serve

300ml sour cream

## Method

### Sauce

1. Sautee onion and garlic in oil until soft.
2. Add passata or paste, salt and pepper.
3. Reduce over medium heat then remove from stove and puree with [ThickPlus](#).
4. Return to stove, add stock and cornflour then stir until it boils and thickens.
5. Reduce the heat and simmer uncovered for a further 5 minutes.

### Beef

1. Pan fry steak until cooked, then weigh.
2. In a saucepan, add required beef stock and **Shape It** (see hints and tips). Bring to the boil over medium heat and simmer gently for 2 minutes, stirring occasionally.
3. Transfer to a food processor, add cooked steak and [ThickPlus](#), puree until completely smooth, scraping down the sides as required.
4. Pour into prepared tray, cover with cling film and refrigerate till set.

### Mushrooms

1. Spread prepared mushrooms out on tray and steam in combi oven for approximately 15 minutes at 100°C.
2. In a saucepan, whisk water and **Shape It**. Bring to the boil over medium heat and simmer gently for 2 minutes, stirring occasionally.
3. Transfer to a food processor, add cooked mushrooms, puree until completely smooth, scraping down the sides as required.
4. Place in prepared trays leaving an indent in the prepared tray or mould. Cover with cling film or mould lid and refrigerate until set

### Rice

1. Blend the rice flour, salt, [AdVital](#) (if fortifying) and liquids in a small saucepan, cook over a medium heat, stirring constantly with a wooden spoon, until thick and smooth (approximately 5 minutes).
2. If there are any lumps puree until smooth, then serve.

### Assemble and Serve

1. To assemble, cut beef into strips, arrange components on plates, pour the hot sauce over then stir in the sour cream and serve.

## Hints & Tips

For every 100g cooked meat add  
1 x scoop A of **Shape It**.

For every 250g cooked meat add  
100ml of stock

Use a ricer to create an appealing rice appearance.



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# Polenta and Veggie Stack

Full of goodness.

Serves: 6

Prep Time:  
1 hour

Preparation  
Line a loaf tin and a small container for the tomato sauce with cling film or baking paper

## Ingredients

### Polenta

- 1 cup instant polenta
- 2 cups milk
- 1 ½ cups water
- 1 cup grated tasty cheese
- 1 tlbsp butter
- Salt to taste

### Pumpkin

- 500g cooked pureed pumpkin
- 100mL vegetable stock
- 1 x Scoop B & 1 x Scoop A **Shape It**
- 2 scoops AdVital

### Zucchini

- 600g cooked pureed zucchini
- 1 x Scoop B **Shape It**
- 60mL vegetable stock

### Ricotta

- 120g ricotta
- 120mL full cream milk
- 3 x Scoop A **Shape It**
- ¼ tsp paprika

### Tomato Sauce

- 300g diced canned tomatoes or passata
- 100g semi dried tomatoes
- 1 x Scoop B **Shape It**
- 1 tsp white sugar, or to taste
- Salt and pepper, to taste

## Method

### Polenta

1. Bring water and milk to the boil and slowly add polenta whisking continuously until it is stirred in with no lumps.
2. Reduce heat and simmer for approximately 10 minutes. Whisking often.
3. Remove from heat, add cheese and butter stirring until melted and well combined.
4. Spread into the base of a cling wrap lined pan you wish to serve the veggie stack in.
5. Cover and refrigerate until ready for the next layer..

### Pumpkin

1. Place all ingredients into a saucepan, bring to the boil then simmer for 2 minutes.
2. Pour over polenta, cover and refrigerate.

### Zucchini

1. Place all ingredients into a saucepan, bring to the boil then simmer for 2 minutes.
2. Pour over pumpkin, cover and refrigerate.

### Ricotta

1. Whisk milk and **Shape It** in a saucepan. Bring to the boil over medium heat and simmer gently for 2 minutes, stirring occasionally.
2. Gradually whisk ricotta. A stick blender may be used to puree.
3. Pour over zucchini, cover and refrigerate.

### Tomato Sauce

1. Puree tomatoes until liquefied, then pass through a fine mesh sieve. Discard seeds. Top up volume to 400mL with water or tomato juice.
2. Place sieved tomatoes in a medium saucepan with **Shape It**. Bring to boil over medium heat and simmer gently for 2 minutes, stirring constantly.
3. Season to taste with sugar, salt and pepper. Pour into the prepared container, cover with cling film and refrigerate until set.
4. Heat until desired temperature is reached

### Assemble and Serve

1. Slice into portions, cover securely and reheat to desired serving temperature.
2. Small portions can be microwaved on low setting. Cover securely and microwave to desired serving temperature. Be careful the ricotta does not melt.

## Hints & Tips

### Complete this dish with a Raita.

100g pureed cucumber - skin and seeds removed

### 1 x Scoop A **Shape It**

Place all ingredients into a saucepan, bring to the boil then simmer for 2 minutes.

Pour into a small container lined with cling film, Refrigerate until set.

Chop cucumber into small pieces, gently fold into plain yoghurt and sprinkle with parsley dust. (See [page 4](#) for parsley dust recipe)

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# Chicken Provençale with White Beans

*A deliciously hearty French classic.*

**Serves:** 10

**Prep Time:**  
2 hours

## Preparation

### Apricots:

Prepare a double layer of cling film around 40cm in length

**Chicken:** Using cooking spray, lightly spray **Shape It** Mould #1 or line a container with cling film or baking paper

**Olives and White Beans:** Using cooking spray, lightly spray **Shape It** Mould #10

## Ingredients

### Apricots

100mL verjuice

100g dried apricots

50mL water

½ x Scoop B **Shape It**

### Chicken

1 ½ tbsp (30mL) olive oil

6 cloves garlic, peeled and sliced

1 tbsp (7g) finely chopped fresh rosemary leaves

1 tbsp (7g) finely chopped fresh thyme leaves

320mL chicken stock

1 x Scoop B + 4 x Scoop A **Shape It**

800g cooked boneless and skinless chicken thighs, cut into rough 1cm cubes

2.5 tsp (9.2g) **ThickPlus**

Salt and pepper to taste

### Sauce

2 tbsp (40mL) olive oil

1 (160g) brown onion, finely chopped

6 cloves garlic, peeled and sliced

2 tbsp (14g) chopped fresh rosemary leaves

2 tbsp (14g) chopped fresh thyme leaves

180mL dry white wine

800g can diced tomatoes

400mL chicken stock

¼ tsp (0.92g) **ThickPlus**

Salt and pepper to taste

1 tsp sugar or to taste

### Olives

60mL water

## Ingredients *continued*

20mL brine from olives

8 x Scoop A **Shape It**

100g pitted green olives

### White Beans

200mL chicken stock or water

1 ½ x Scoop B **Shape It**

400g cooked or canned white beans

2 cloves garlic, finely sliced

Salt and pepper to taste

## Method

### Apricots

1. Soak the apricots in the verjuice for one hour. Drain apricots. Set aside verjuice.
2. Whisk verjuice, water and **Shape It** into a saucepan. Add apricots and bring to the boil over medium heat. Simmer gently for 2 minutes, stirring occasionally.
3. Puree hot mixture until smooth.
4. Pour along the centre of cling film and roll up tightly to form a log around 2-3cm in diameter. Tie both ends and refrigerate until set.

### Chicken

1. Cook garlic and herbs in oil for 2 minutes or until soft and fragrant.
2. Add stock, **Shape It** and chicken, bring to the boil over medium heat. Simmer gently for 2 minutes, stirring occasionally.
3. Pour into a food processor. Add **ThickPlus**, puree until smooth. Season to taste.
4. Pour into the prepared mould and refrigerate until set.

### Sauce

1. Cook onion, garlic and half of the rosemary and thyme in oil for 7 minutes or until soft.
2. Add wine and cook for 4 minutes or until reduced by half.
3. Add canned tomatoes and stock, bring to the boil, simmer until reduced to 1 litre (approx. 1 hour).
4. Add **ThickPlus** and remaining herbs, puree until thickened and smooth. Season to taste with salt, pepper and sugar.

### Olives

1. Puree all ingredients until completely smooth. If not completely smooth push through a sieve to remove any lumps. Transfer to a saucepan.
2. Bring to boil over medium heat, simmer gently for 2 minutes, stirring occasionally.
3. Pour into the prepared mould, cover and refrigerate until set.

### White Beans

1. Whisk liquid and **Shape It** into a saucepan. Add white beans and garlic, bring to the boil, then simmer gently for 2 minutes while stirring.
2. Puree until smooth. Season to taste then pour into the prepared mould, cover and refrigerate until set.

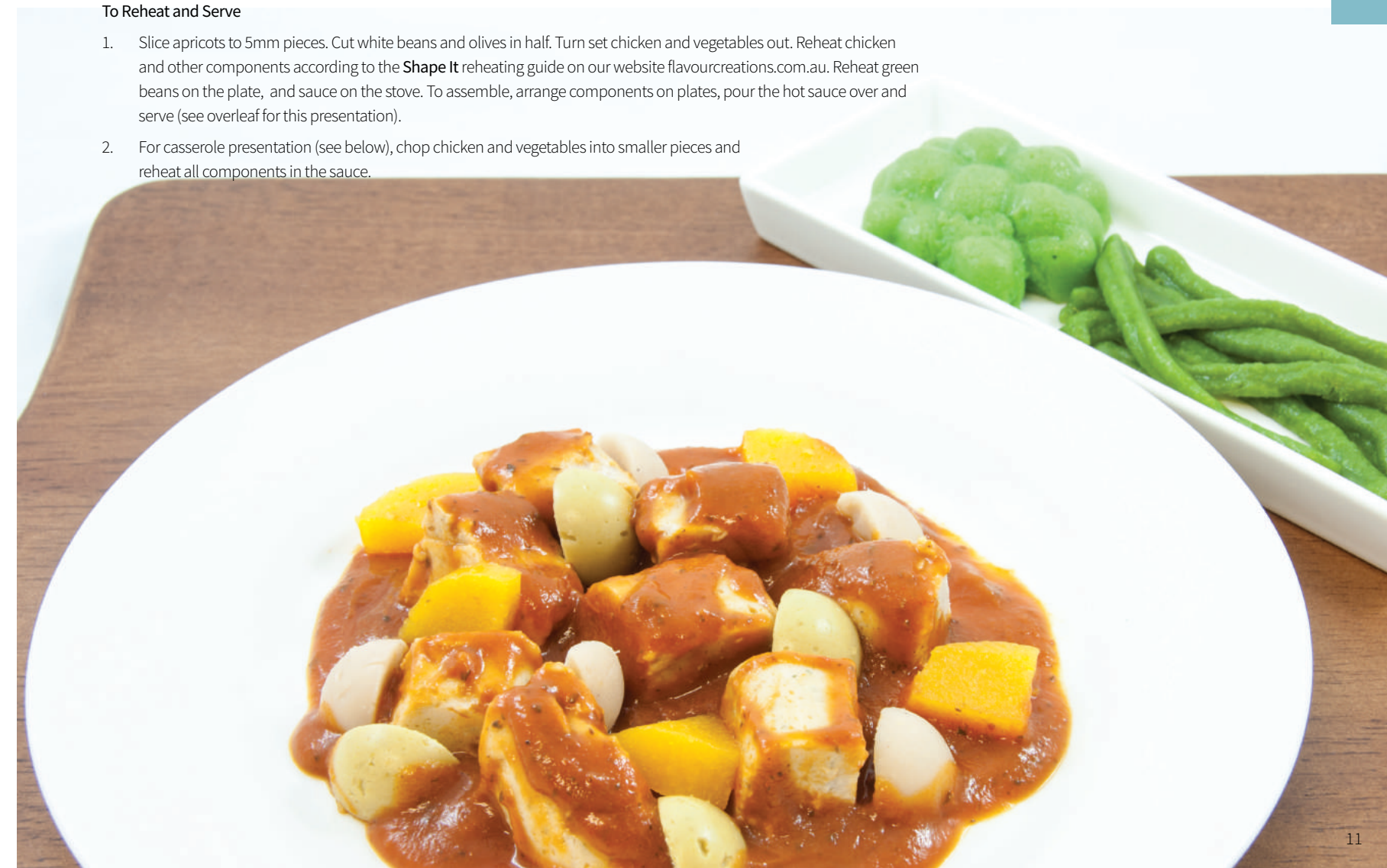
### To Reheat and Serve

1. Slice apricots to 5mm pieces. Cut white beans and olives in half. Turn set chicken and vegetables out. Reheat chicken and other components according to the **Shape It** reheating guide on our website [flavourcreations.com.au](http://flavourcreations.com.au). Reheat green beans on the plate, and sauce on the stove. To assemble, arrange components on plates, pour the hot sauce over and serve (see overleaf for this presentation).
2. For casserole presentation (see below), chop chicken and vegetables into smaller pieces and reheat all components in the sauce.

## Hints & Tips

Serve with a Steamed Greens, refer to recipe on following page.

To avoid a flat edge on your apricots, suspend the roll from one end in the fridge as it cools.





# Steamed Greens

*The perfect meal accompaniment.*

**Serves:** 10

**Prep Time:**  
25 minutes

**Preparation**

**Broccoli:**  
Using cooking spray, lightly spray Shape It Mould #4

**Green Beans:**  
Prepare a piping bag with a 0.5cm plain nozzle, and line a tray with baking paper

**Ingredients**

**Steamed Broccoli**

450g cooked broccoli, hot

150mL vegetable stock

1 x Scoop B + 4 x Scoop A **Shape It**

Salt and pepper to taste

**Steamed Green Beans**

450g cooked green beans

120mL vegetable stock

2 x Scoop B **Shape It**

Salt and pepper to taste

**Method**

**Steamed Broccoli**

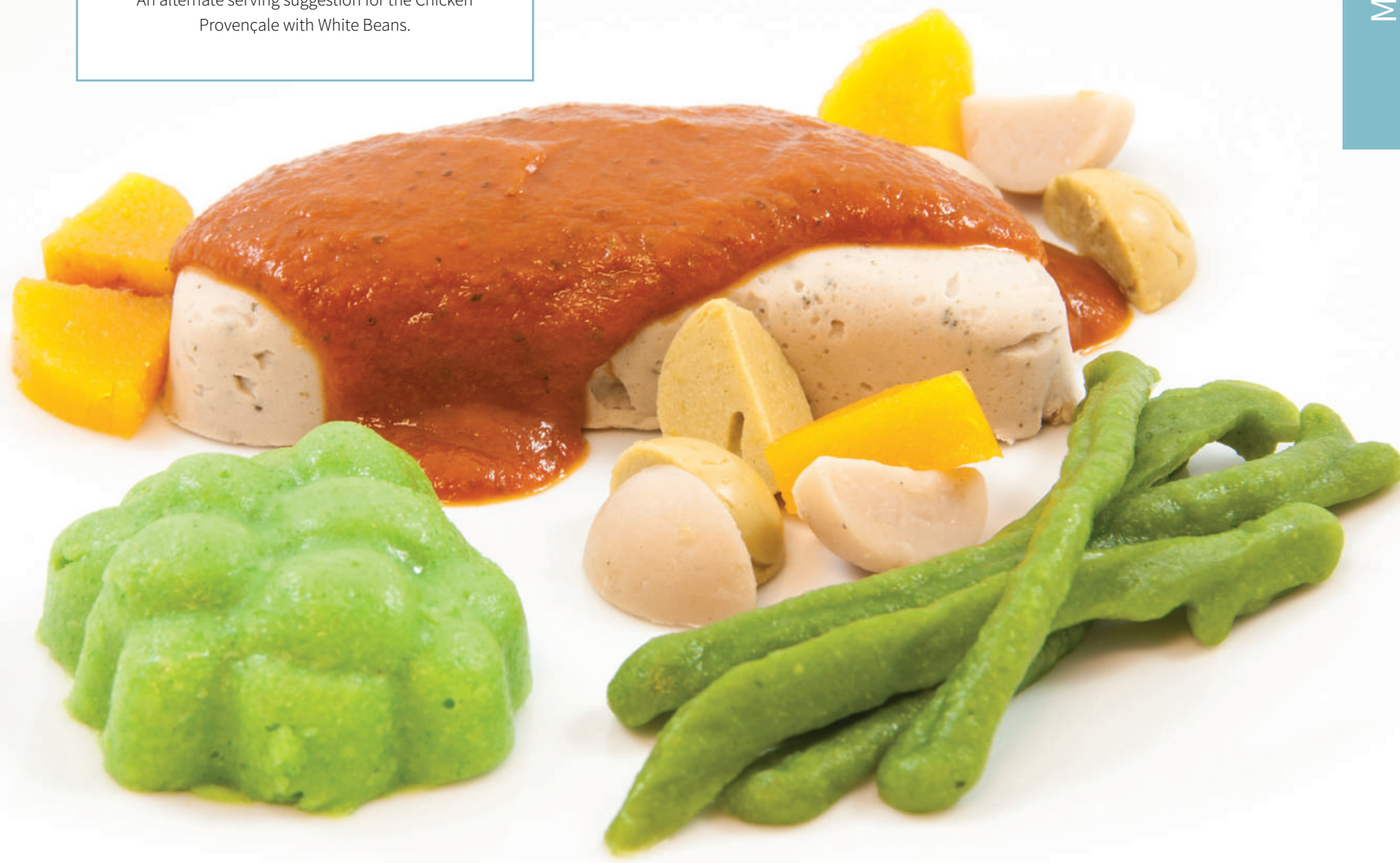
1. Place liquid and **Shape It** into a saucepan, bring to the boil over medium heat. Simmer gently for 2 minutes, stirring occasionally.
2. Puree hot broccoli and hot liquid until smooth. Season to taste.
3. Pour into the prepared mould, cover with mould lid and refrigerate until set.

**Steamed Green Beans**

1. Puree cooked beans, stock and **Shape It** until completely smooth, transfer to a saucepan.
2. Bring to the boil over medium heat, simmer gently for 2 minutes, stirring occasionally.
3. Season to taste and leave to cool for 5 minutes or until 55-60°C. Pipe beans onto the prepared tray. Cover and refrigerate until set.

**Hints  
&  
Tips**

An alternate serving suggestion for the Chicken Provençale with White Beans.



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# Pearl Barley & Roast Pumpkin Salad

A flavour-packed salad that’s full of wholegrain goodness.

Serves: 10

Prep Time:

2 hours

Yeild:

Barley: 600g

Pumpkin: 500g

Green beans: 300g

Olives: 150g

Miso Dressing: 225mL

Parsely & mint

Puree: 60mL

Preparation

Barley and Green Beans:

2 x piping bags with

a 0.5cm plain nozzle

2 x baking paper

lined trays

Pumpkin: 18cm

square container

lined with cling film

or baking paper

Olives: Using cooking spray, lightly spray Shape It Mould #10

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## Ingredients

### Barley

1L water

100g pearl barley

300mL chicken stock

1 x Scoop B + 2 x Scoop A **Shape It**

Salt and pepper to taste

### Pumpkin

1 tbsp (20mL) olive oil

½ (50g) small brown onion, finely diced

1 tsp garlic, finely chopped

½ tsp finely chopped fresh rosemary leaves

500g roasted pumpkin flesh

8 x Scoop A **Shape It**

Salt and pepper to taste

### Green Beans

300g trimmed green beans (cooked until tender)

80mL vegetable stock

6 x scoop A **Shape It**

Salt and pepper to taste

### Olives

60mL water

20mL brine from olives

4 x scoop A **Shape It**

100g pitted kalamata olives

### Miso Ginger Dressing

3 tsp finely grated ginger

1 ½ tsp crushed garlic

4 ½ tbsp (90mL) olive oil

1 tbsp + 3 tsp (45mL) maple syrup

3.5 tsp (21g) white miso

## Ingredients continued

4 ½ tsp (23mL) soy sauce

4 ½ tsp (23mL) rice wine vinegar

0.45g **ThickPlus**

### Parsley and Mint Puree

10g finely chopped parsley leaves

6g finely chopped mint leaves

3 tbsp (60mL) water

0.6g **ThickPlus**

### To Serve

100g Persian feta

## Method

### Barley

1. Boil barley in water, simmer for 60-75 minutes until tender and not too chewy.
2. Drain, rinse well under running water to remove excess starch.
3. Drain well and weigh.
4. For every 100g of cooked barley use 100g chicken stock and 4 x Scoop A **Shape It**.
5. Stir the chicken stock and **Shape It** into a saucepan. Add barley, bring to the boil over medium heat. Simmer gently for 2 minutes, stirring occasionally.
6. Puree until smooth. Season to taste.
7. Pipe ‘pearls’ onto the prepared tray. Cover and refrigerate until set.

### Pumpkin

1. Saute onion, garlic and rosemary in oil until soft and golden. Remove from heat.
2. Puree mix with pumpkin and **Shape It**, until smooth.
3. Transfer to a saucepan, bring to the boil over medium heat and simmer gently for 2 minutes, stirring occasionally.
4. Season to taste then pour into the prepared container, cover with cling film and refrigerate until set.

### Green Beans

1. Puree the cooked beans, stock and **Shape It** together until completely smooth, then transfer to a small saucepan.

2. Bring to the boil over medium heat and simmer gently for 2 minutes, stirring occasionally.
3. Season to taste with salt and pepper and use the prepared piping bag to pipe beans onto the prepared tray. Cover and refrigerate until set.

### Olives

1. Puree all ingredients together until completely smooth. If not completely smooth push through a sieve to remove any lumps. Transfer to a small saucepan.
2. Bring to the boil over medium heat and simmer gently for 2 minutes, stirring occasionally.
3. Pour into the prepared mould or container, cover and refrigerate until set.

### Miso Ginger Dressing

1. Puree all ingredients until smooth then pass through a sieve. Refrigerate until required.

### Parsley and Mint Puree

1. Puree all ingredients together until smooth. Refrigerate until required.

## Hints & Tips

To serve cut set pumpkin into 1.5cm cubes. Cut set olives in half. To assemble, arrange the pumpkin, beans, barley and olives on plates. Add the persian feta. Drizzle with dressing and the parsley and mint puree and serve at room temperature with Miso Salmon (pg8).



# Miso Salmon with Miso Glaze

*An impressive Japanese-inspired sweet & salty dish.*

**Serves:** 10

**Prep Time:**  
50 minutes

**Preparation**

Line a shallow tray with cling film or baking paper, allowing the sides to overhang

**Ingredients**

**Miso Salmon**

2L cold water

½ cup (125mL) dry white wine

2 dried bay leaves

½ teaspoon whole black peppercorns

1 medium lemon, thinly sliced

1½ tsp salt

1.2kg raw salmon, skin removed

1 ½ x Scoop B **Shape It**

Salt and pepper to taste

**Miso Glaze**

135g white miso paste

45mL sake (optional)

45mL mirin

40g sugar

2 garlic cloves, chopped

3g chopped ginger

**Method**

**Miso Salmon**

1. Place water, wine, bay leaves, peppercorns, lemon and salt in a pan over medium heat. Bring to a gentle simmer.
2. Reduce heat to low and add salmon. Cook, covered, for 10 minutes or until just cooked through. Remove salmon from liquid and place into a food processor.
3. Whisk 300mL strained poaching liquid and **Shape It** into a saucepan, bring to the boil over medium heat. Simmer gently for 2 minutes, stirring occasionally.
4. Pour mixture over salmon and puree until smooth. Season to taste.
5. Pour into the prepared container, cover with cling film. Press a cylindrical object (around 5cm in diameter) down to create undulations in the puree that help it resemble a fillet of salmon. Refrigerate until set.

**Miso Glaze**

1. Place all ingredients into a saucepan. Bring to 80°C and stir regularly to avoid sticking.
2. Remove from heat and strain. Store in a sealed container until ready to use.

**To Reheat and Serve**

1. Remove set salmon from tray. Cut into portions and brush the tops and sides with the Miso Glaze. Reheat according to the reheating guide on our website [flavourcreations.com.au](http://flavourcreations.com.au). To assemble, arrange on plates and serve with Barley and Roast Pumpkin Salad (pg6).

**Hints  
&  
Tips**

Serve with a Barley & Roast Pumpkin Salad (pg6).  
For extra flavour and sauce serve with a small jug of Miso Glaze.



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# Beef and Red Wine Casserole

A full-bodied casserole cooked in a rich red wine sauce.

**Serves:** 15  
**Beef:**  
**Prep Time:** 5 minutes  
**Cook Time:** 3 minutes  
**Yield:** 1.3kg  
**Peas:**  
**Prep Time:** 5 minutes  
**Cook Time:** 3 minutes  
**Yield:** 500g  
**Sweet Potato:**  
**Prep Time:** 5 minutes  
**Cook Time:** 3 minutes  
**Yield:** 440g  
**Tomatoes:**  
**Prep Time:** 10 minutes  
**Cook Time:** 3 minutes  
**Yield:** 370g  
**Tomato and Red Wine Sauce:**  
**Prep Time:** 15 minutes  
**Cook Time:** 30 minutes  
**Yield:** 1.9L

### Ingredients

#### Beef

1kg cooked steak or roast beef, cut into rough 1cm cubes, hot

400mL beef stock

1 x Scoop B **Shape It**

1 ½ tsp (5.5g) **ThickPlus**

Salt and pepper to taste

#### Peas

500g cooked peas, hot

100mL vegetable stock

5 x Scoop A **Shape It**

½ tsp (1.9 g) **ThickPlus**

Salt and pepper to taste

#### Sweet Potato

375g cooked sweet potato, hot

110mL vegetable stock

3 x Scoop A **Shape It**

Salt and pepper to taste

#### Tomatoes

400g diced tinned tomatoes or passata

1 x Scoop B **Shape It**

1 tsp white sugar, or to taste

Salt and black pepper, to taste

**For remaining ingredients see page 12**

### Method

#### Beef

1. Whisk beef stock and **Shape It** in a saucepan, add steak and bring to the boil over medium heat. Simmer gently for 2 minutes, stirring occasionally.
2. Pour into a food processor. Add **ThickPlus** and puree until smooth, scrape down sides as required and blend thoroughly. Season to taste with salt and pepper.
3. Pour into the prepared container, cover with clingfilm and refrigerate until set.
4. Remove from pan, cut into rough 2.5-3cm dice.

#### Peas and Sweet Potato (prepare different vegetables separately)

1. Place liquid and **Shape It** into a saucepan, bring to the boil over medium heat. Simmer gently for 2 minutes, stirring occasionally.
2. Place hot vegetable into a food processor, pour in hot liquid, puree until smooth. Season to taste.
3. Pour into the prepared container, cover with cling film and refrigerate until set.
4. Remove from pan, cut into rough 2.5-3cm dice.

#### Tomatoes

1. If using diced canned tomatoes puree until liquified, then pass through a fine mesh sieve. Discard seeds. Top up volume to 400mL with water or tomato juice. If using passata start at step 2.
2. Place sieved tomatoes or passata into a medium saucepan with **Shape It**. Bring to boil over medium heat and simmer gently for 2 minutes, stirring constantly.
3. Season to taste with sugar, salt and pepper. Pour into the prepared mould, cover with mould lid and refrigerate until set.
4. Remove from mould.

**For remaining method see page 12**

### Preparation

**Beef:** Line a 1/3 gastronorm pan with cling film or baking paper.

**Peas and Sweet Potato:** Line two 1/6 gastronorm pans with cling film or baking paper.

**Tomatoes:** Using cooking spray, lightly spray two #10 Shape It Moulds.

**For Reheating:** Line a 1/1 gastronorm pan (≥50 mm deep) with baking paper.

If following a texture-modified diet, Flavour Creations recommends consulting a Speech Pathologist and/or Dietitian before consumption.

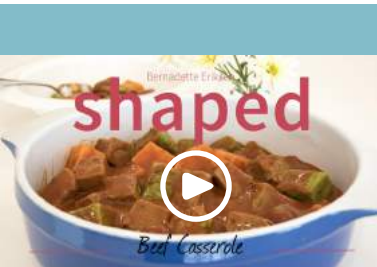


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# Beef and Red Wine Casserole *continued*

*A full-bodied casserole cooked in a rich red wine sauce.*



To watch a video demonstration of our Shaped, Beef and Red Wine Casserole click [here](#) or visit

[vimeo.com/flavourcreations](#)

### Red Wine Tomato Sauce

- 1 ½ tbsp (30mL) olive oil
- 1 ½ (240g) brown onions, finely chopped
- 3 tsp garlic, crushed
- 165mL (⅔ cup) red wine
- 2 tbsp chopped fresh basil, or 3 tsp dried basil
- 3 tbsp (60g) tomato paste
- 1 tsp Italian mixed herbs
- 1.2kg canned chopped tomatoes
- 3 tbsp fresh parsley, chopped
- 1 ½ tsp (5.6g) [ThickPlus](#) (for Level 400 viscosity at 60°C)
- 1 ½ tbsp white sugar or to taste
- Salt and pepper to taste

### Tomato and Red Wine Sauce

1. Heat oil in a pan over low heat, add onion and garlic, cook for 5 minutes or until softened.
2. Add all remaining ingredients except [ThickPlus](#) and parsley and simmer uncovered, stirring occasionally for 25 minutes or until the sauce thickens slightly.
3. Pour mixture into a measuring jug and make the level up to 1.9L with water or tomato juice. Add [ThickPlus](#) and parsley, and using a hand blender or food processor, puree until completely smooth, scraping down the sides as required.
4. Season to taste with sugar, salt and pepper.

### To Assemble and Reheat

1. Scatter the cubes of beef, peas and sweet potato evenly over the prepared tray. Scatter over the tomatoes, then pour over the sauce.
2. Wrap the tray securely in a double layer of cling film, ensuring that no steam can penetrate.
3. Steam to a safe internal temperature. Use a large spoon to dish up portions. Serve hot.

### Hints & Tips

To obtain a rich braised colour in the beef, add Parisian essence when pureeing.





# Mushroom Terrine

A creamy and flavoursome vegetarian dish

Prep Time:  
12 Minutes

Preparation

Round tray or loaf tray lined with cling film or baking paper.

Or using cooking spray, lightly spray a muffin tin.

To Serve Hot

Ingredients

Mushrooms

200g roughly chopped or sliced mushrooms  
50mL water – use water from cooking mushrooms  
4 x Scoop A **Shape It**

Ricotta

120g ricotta  
120mL full cream milk  
3 x Scoop A **Shape It**  
(depending on how dry the ricotta is)  
¼ tsp paprika

Tomato

300g diced canned tomatoes or passata  
100g semi dried tomatoes  
1 x Scoop B **Shape It**  
1 tsp white sugar, or to taste  
Salt and pepper, to taste

Method

Mushrooms

1. Spread chopped or sliced mushrooms out on tray and steam in combi oven for approximately 15 minutes at 100°C.
2. Whisk water and **Shape It** in a saucepan. Bring to the boil over medium heat and simmer gently for 2 minutes, stirring occasionally.
3. Transfer the mixture and hot mushrooms to a food processor, puree until completely smooth, scraping down the sides as required.
4. Place in prepared trays leaving an indent in the prepared tray, or layer in a loaf or muffin tin to achieve a terrine appearance. Cover with cling film or baking paper. Refrigerate until set.

Ricotta

1. Whisk milk and **Shape It** in a saucepan. Bring to the boil over medium heat and simmer gently for 2 minutes, stirring occasionally.
2. Gradually whisk ricotta. A stick blender may be used to puree.
3. Fill the mushroom cavity with mix and refrigerate overnight.

Tomato

1. Puree tomatoes until liquefied, then pass through a fine mesh sieve. Discard seeds. Top up volume to 400mL with water or tomato juice.
2. Place sieved tomatoes in a medium saucepan with **Shape It**. Bring to boil over medium heat and simmer gently for 2 minutes, stirring constantly.
3. Season to taste with sugar, salt and pepper. Pour into the prepared mould or container, cover with cling film or mould lid and refrigerate until set.
4. Portion as desired and arrange on a plate or platter.



# Mushroom & Ricotta

A light meal to be eaten at any time of the day

Prep Time:  
12 Minutes

**Preparation**  
Using cooking spray , lightly spray **Shape It** mould #8  
Or a loaf tray lined with cling film or baking paper.

To Serve Cold

**Ingredients**

**Mushrooms**

200g roughly chopped or sliced mushrooms  
50mL water – use water from cooking mushrooms  
1 x Scoop A **Shape It**

**Ricotta**

100g ricotta  
100mL is full cream milk  
1 x Scoop A **Shape It**  
¼ tsp paprika

**Method**

**Mushrooms**

1. Spread chopped or sliced mushrooms out on tray and steam in combi oven for approximately 15 minutes at 100°C.
2. Whisk water and **Shape It** in a saucepan. Bring to the boil over medium heat and simmer gently for 2 minutes, stirring occasionally.
3. Transfer the mixture and hot mushrooms to a food processor, puree until completely smooth, scraping down the sides as required.
4. Pour into the prepared tray, to desired thickness. Or pour into prepared mould, cover with cling film or baking paper. Refrigerate until set

**Ricotta**

1. Whisk milk and **Shape It** in a saucepan. Bring to the boil over medium heat and simmer gently for 2 minutes, stirring occasionally.
2. Gradually whisk ricotta. A stick blender may be used to puree.
3. Pour into the prepared tray, to desired thickness. Or pour into prepared mould, cover with lid, cling film or baking paper. Refrigerate until set

**To Serve**

4. Cut into desired shape and serve





# Creamy Vegetarian Coconut Casserole

*A creamy vegetarian casserole filled with nutritious vegetables and lentils.*

**Serves:** 15

**Prep Time:**  
45 Minutes

**Cook Time:**  
50 Minutes

**Preparation**

For the lentils, tofu, beans and pumpkin line four 1/6 Gastronorm Pans with cling film or baking paper.

For the cauliflower, using cooking spray lightly spray Shape It Mould #4.

For reheating, line a 1/1 Gastronorm pan (≥50 mm deep) with baking paper.



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**Ingredients**

**Sauce**

4 tbsp (80mL) olive oil

1 ½ (240g) brown onions, finely chopped

3 tsp garlic, minced

3 tbsp finely grated fresh ginger

3 ¾ tbsp (75g) Thai red curry paste

3 cans (1.2L) coconut milk

2 cups (500mL) vegetable stock

3 tsp (11.1g) [ThickPlus](#) (for Level 400 viscosity at 60°C)

3 tbsp (15g) finely chopped fresh coriander or to taste

Salt to taste

3 tbsp grated palm sugar or brown sugar or to taste

3 tsp (15mL) lime juice or to taste

**Lentils**

¾ cup (130g) red lentils

Around 2 cups (500mL) vegetable stock

8 x Scoop A **Shape It**

Salt and pepper, to taste

**Tofu**

300g silken tofu

100g/mL regular fat soy milk

2 tsp garlic, minced

1 tbsp + 1 tsp (45mL) soy sauce, or to taste

1 x Scoop B + 2 x Scoop A **Shape It**

¾ tsp (2.8g) ThickPlus

**Beans**

500g cooked green beans

**Ingredients *continued***

100mL vegetable stock

1 x Scoop B **Shape It**

Salt and pepper to taste

**Cauliflower**

500g cooked cauliflower, hot

100mL vegetable stock or full cream milk

1 x Scoop B **Shape It**

Salt and pepper to taste

**Pumpkin**

400g cooked pumpkin, hot

80mL vegetable stock

8 x Scoop A **Shape It**

Salt and pepper to taste

**Method**

**Sauce**

1. Heat oil in a saucepan, add paste, onion, garlic and ginger and cook, stirring occasionally for 5 minutes or until softened.
2. Add coconut milk and 420mL of the stock, bring to the boil then reduce heat and simmer for 15 minutes. You should be left with around 2.25L of sauce. If necessary adjust the volume by reducing further or adding more liquid.
3. Measure out 150mL of the sauce and set aside to make the lentils.
4. Puree the [ThickPlus](#) and coriander into the remaining 2.1L of sauce until smooth, scraping down the sides as required. Stir in salt, sugar and lime juice to taste.

**Lentils**

5. Place the lentils and 280mL of the stock in a saucepan (do not add salt at this stage as this will cause the lentils to toughen). Bring to boil then simmer, uncovered for 10 minutes until tender and starting to break down.
6. Puree in **Shape It** and the 150mL of reserved sauce. Make up to 600mL with stock or water. Bring back the boil over medium heat. Simmer gently for 2 minutes, stirring constantly.
7. Season to taste with salt and pepper. Pour into the prepared tray, cover the surface with cling film and refrigerate until set.

8. Remove from container, cut into roughly 2cm square pieces.

**Tofu**

1. Open the tofu package and roughly slice through the tofu to break up. Pour into a saucepan and whisk in milk, soy sauce, garlic and Shape It.
2. Bring to the boil over medium heat. Simmer gently for 2 minutes, stirring.
3. Remove from the heat, add the [ThickPlus](#) and puree smooth, scraping down the sides as required.
4. Pour into the prepared container, cover the surface with cling film and refrigerate until set.
5. Remove from container, cut into roughly 2 cm square pieces.

**Beans**

1. Place liquid and **Shape It** into a saucepan, bring to the boil over medium heat. Simmer gently for 2 minutes, stirring occasionally.
2. Place hot vegetable into a food processor, pour in hot liquid, puree until smooth. Season to taste.
3. Pour into the prepared container, cover the surface with cling film and refrigerate until set.
4. Remove from pan, cut into a rough 2.5-3cm dice.

**Cauliflower and Pumpkin**

1. Place liquid and **Shape It** into a saucepan, bring to the boil over medium heat. Simmer gently for 2 minutes, stirring occasionally.
2. Place hot vegetable into a food processor, pour in hot liquid, puree until smooth. Season to taste.
3. Pour into the prepared mould or container, cover with cling film or mould lid and refrigerate until set.
4. Remove from mould or pan, cut into a rough 2.5-3cm dice.

**To Assemble and Reheat**

1. Scatter the cubes of lentils, tofu, and vegetables evenly over the prepared tray. Pour over the sauce.
2. Wrap the tray securely in a double layer of cling film, ensuring that no steam can penetrate.
3. Steam to a safe internal temperature. Use a large spoon to dish up portions. Serve hot.





# Hot Chips and Roast Potatoes

Enjoy your favourite potato recipe Shaped 2 ways!

**Prep Time:**  
1 hour

**Preparation**

Line a large loaf tin with baking paper or a double layer of cling film.

**Yield:**  
1kg Potato

**Hot and Roast Chips**

**Ingredients**

800g cooked potatoes, hot

450mL full cream milk

7 x Scoop B **Shape It**

Salt and pepper to taste

**Method**

1. Whisk milk and **Shape It** in a saucepan. Bring to the boil over medium heat and simmer gently for 2 minutes, stirring occasionally.
2. Place the hot potatoes into a food processor, pour in **Shape It** mixture and blend until completely smooth. Season to taste and immediately spread the potato mixture out into the prepared tin, cover with cling film or baking paper and refrigerate overnight.
3. Preheat oven to 130°C conventional/110°C fan-forced. Prepare a roasting tray by lining it with baking paper.
4. For Hot chips cut the set potato mixture into chips around 8cm x 1cm, arrange them in the roasting tray, and brush or spray them with the colouring solution (see below).
5. For roast potatoes cut the set potato mixture into large cubes around 4cm x 4cm, arrange them in the roasting tray, and brush or spray them with the colouring solution (see below).
6. Cover the roasting tray securely with aluminium foil and bake in preheated oven until a safe temperature has been reached. Do not overheat and do not steam.
7. Transfer to plate and serve.

**Chip Food Colouring 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.

**Hints  
&  
Tips**

This potato chip recipe is designed to be served hot.

Serve with vinegar, tartare, white wine or other flavoured sauce.

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# Potato Salad with Bacon and Egg Dressing

A delicious and creamy potato salad is always a crowd-pleaser.

Serves: 10

Prep Time:  
45 minutes

Preparation

Line a 12cm x 27cm loaf tin with cling film or baking paper.

Unfortified Yield:

1kg Potato  
400g Dressing

Fortified Yield:

1.25kg Potato  
500g Dressing

Ingredients

Potato

Unfortified

1kg hot cooked potatoes to mash  
200mL full cream milk  
3½ x Scoop A **Shape It**  
Salt and pepper to taste

or

Fortified

1kg hot cooked potatoes to mash  
200mL full cream milk  
2 x Scoop B **Shape It**  
Salt and pepper to taste  
4 x Scoop (160g) [AdVital](#)

Dressing

Unfortified

2 tsp olive oil  
100g bacon rashers, trimmed and chopped (optional)  
2 (50g) spring onion, finely sliced  
½ cup (120g) mayonnaise  
1 tbsp (20g) Dijon mustard  
4 (60g) whole sweet spiced gherkins, roughly chopped  
2 boiled eggs, peeled and roughly chopped  
Small amount of full cream milk, to adjust consistency if required  
Salt and pepper to taste

or

Fortified

Add 2-3 x Scoop (80g-120g) [AdVital](#)

Method

Potato

Prepare one day in advance.

1. Whisk milk and **Shape It** in a saucepan, bring to the boil over medium heat. Simmer gently for 2 minutes, stirring occasionally.
2. Place hot potatoes into food processor, pour in liquid and puree until smooth. Season to taste. If fortifying, puree in [AdVital](#).
3. Immediately spread potato mix into tin, cover with cling film or baking paper and refrigerate overnight.

Dressing

Can be prepared in advance or on the day of serving.

1. Heat oil in a pan over medium heat. Add bacon and spring onion, cook, stirring occasionally for around 5 minutes or until spring onion is soft. Transfer to a bowl and allow to cool.
2. Puree bacon mix with all other ingredients, and [AdVital](#) if fortifying, until completely smooth.
3. If consistency is too thick add a little more milk. Season to taste.

To Serve

Cut the potatoes into cubes (1cm to resemble diced potatoes, 2.5cm to resemble new potatoes) and arrange in a mound on a serving plate or platter. Drizzle with dressing or serve on the side.

Hints  
&  
Tips

For vegetarians, leave out the bacon.  
Substitute other dressings to serve with the potato.  
The dressing may have a slightly grainy quality.  
Check suitability with your Speech Pathologist.  
Potato and dressing not suitable for freezing.





# Lamb & Feta Meatballs

A great finger-food addition.

**Serves:** 4 - 6  
**Yield:** 530g  
**Prep Time:**  
20 minutes

Using cooking spray, lightly spray **Shape It Mould** #9 or #10, or line a container with cling film or baking paper.



To watch a video demonstration of our Shaped Lamb & Feta Meatballs click here or visit [vimeo.com/flavourcreations](https://vimeo.com/flavourcreations)

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### Ingredients

- 1 tbsp (20mL) vegetable oil
- ½ (80g) brown onion, finely diced
- 250g minced lamb
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 cup (250mL) beef stock
- 1 x Scoop B + 2 x Scoop A **Shape It**
- 1½ tbsp (6g) finely chopped mint leaves
- 1½ tbsp (6g) finely chopped oregano leaves
- 50g crumbled feta cheese
- ½ tsp (1.8g) **ThickPlus**
- Salt and pepper to taste

### Method

1. Heat oil in a saucepan over medium heat. Add onion and cook for 4 minutes or until soft.
2. Add mince and stir with a wooden spoon to break up any lumps. Cook through.
3. Add cumin and coriander, cook for a minute or until fragrant.
4. Add beef stock and **Shape It**, bring to the boil over medium heat. Simmer gently for 2 minutes, stirring occasionally.
5. Transfer to a food processor, add mint, oregano, feta and **ThickPlus**, puree until smooth, scraping down the sides as required. Season to taste with salt and pepper.
6. Pour into prepared container or mould, cover with cling film or mould lid and refrigerate until set.
7. Portion as desired, arrange on skewers and reheat. Reheat according to the reheating guide on our website [flavourcreations.com.au](https://flavourcreations.com.au)



# Tzatziki

a fresh and tangy dip

**Yield:** 200g  
**Prep Time:**  
10 minutes

### Ingredients

- ½ (80g) chopped cucumber, peeled, seeds removed
- ½ cup (125g) Greek-style natural yoghurt
- ½-¾ tsp crushed garlic
- 1½ tbsp (6g) chopped fresh mint, or to taste
- 2 tsp (10mL) lemon juice, or to taste
- ½ tsp (1.8g) **ThickPlus** (for Level 400 viscosity at room temperature)
- Salt and pepper to taste

### Method

1. Place all ingredients into food processor. Blend until smooth, scraping down the sides as required.
2. Adjust seasoning to taste and serve at room temperature.

### Hints & Tips

- Dust meatballs with paprika for a more intense flavour.
- Serve the meatballs with tzatziki.
- Prepare the meatballs one day ahead so you only need to skewer, reheat and serve, or simply arrange the meatballs on a plate.
- Tzatziki can be stored in the fridge for up to 2 days in a sealed container.





## Blue Cheese and Crackers

*Cheese and biccies, always a crowd pleaser*

**Yield:** 200g | **Prep Time:** 5 minutes

**Cook Time:** 5 minutes

Using cooking spray, lightly spray **Shape It Mould** #9 or #10, or line a 6cm square container with cling film or baking paper.

### Ingredients

125mL (½ cup) full cream milk

2 x Scoop A **Shape It**

¾ tsp (3g) sodium citrate

100g *Costello Danish Blue Traditional* cheese, roughly crumbled

### Method - Feta, Blue or Cheddar Cheese

1. Whisk milk, **Shape It** and sodium citrate in a saucepan until fully dissolved, bring to a boil, reduce heat and continue to simmer.
2. Whisk in one spoon of cheese at a time, melting before adding the next one, repeat until all used.
3. Puree any lumps or separation until smooth.
4. Pour into prepared container. Cover with cling film or mould lid and refrigerate until set.
5. Turn onto a cutting board, portion as desired and arrange on a plate or platter.
6. Allow the cheese to sit at room temperature for 15 minutes before serving.

**Yield:** 200g | **Prep Time:** 5 minutes

**Cook Time:** 5 minutes

Line a baking tray with cling film or baking paper.

### Ingredients

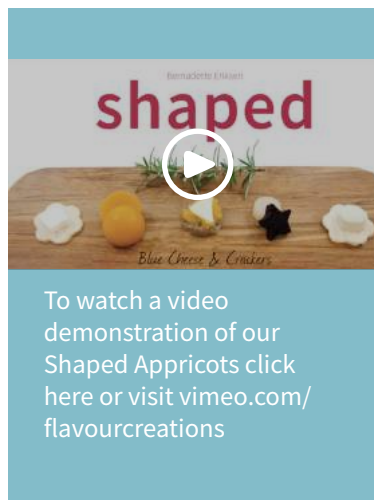
50g *Ritz* crackers, broken

200mL full cream milk

2 x Scoop A **Shape It**

### Method

1. Finely crumb crackers in a food processor, then place into a bowl.
2. Whisk milk and **Shape It** in a saucepan, bring to the boil over medium heat, simmer gently for 2 minutes, stirring occasionally.
3. Pour the hot liquid over the crumbs and mix well until smooth and all crumbs are completely saturated. Immediately pour mixture into prepared tray and cover with baking paper. Using a rolling pin, roll lightly to even the surface, making it slightly thicker than the original cracker.
4. Refrigerate for several hours or overnight to set.
5. Cut out crackers with a round fluted cutter. Serve at room temperature.



## Apricots

**Yield:** 415g | **Prep Time:** 5 minutes

**Cook Time:** 3 minutes

Using cooking spray, lightly spray **Shape It Mould** #8, #9 or #10, or line a container with cling film or baking paper.

### Ingredients

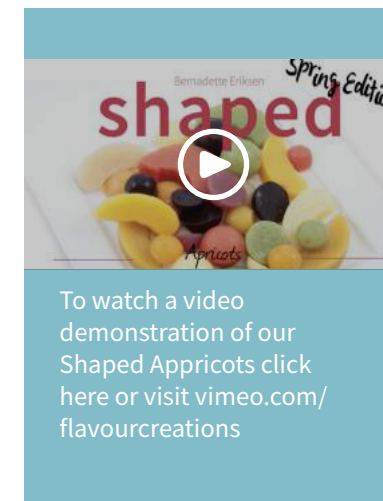
300g canned apricots (drained)

150mL juice from canned apricots

2½ x Scoop A **Shape It**

### Method

1. Place all ingredients in a food processor and puree until smooth, scraping down sides as required.
2. Transfer to a saucepan, bring to the boil over medium heat and simmer gently for 2 minutes, stirring occasionally.
3. Pour into the prepared mould or container, cover with cling film or mould lid and refrigerate until set.
4. Portion as desired and arrange on a plate or platter.



# Panklets

A panklet is a cross between a pancake and a pikelet

Unsoaked  
Unfortified Yield:  
450g

Unsoaked  
Fortified Yield:  
550g

Soaked  
Unfortified Yield:  
1.4kg

Soaked Fortified  
Yield:  
1.5kg

Prep Time:  
5 minutes

Cook Time:  
15 minutes

Using cooking  
spray, lightly  
spray or line a  
lamington tray.

## Ingredients

### Unfortified

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**

or

### Fortified

1 cup (150g) plain flour

½ cup (90g) caster sugar

190mL full cream milk

2 large (59g) eggs

4 x Scoop (160g) [AdVital](#)

Butter

### Soaking Solution

1.1L full cream milk

1 x Scoop B + 1 x Scoop A **Shape It**

## Method

### 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 solution over crumbs and mix well until smooth. Ensure all crumbs are completely saturated. Immediately pour mixture evenly into prepared container and smooth top. Cover with cling film and refrigerate until set.

### To Serve

1. Use a scone or cookie cutter to make the size and shape desired.
2. Serve cold or warm. To serve warm arrange on plates or a tray, cover securely with cling film and steam until a safe temperature has been reached (do not overheat).



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# Scrambled Eggs

A breakfast favourite

Serves: 1

Yield Unfortified:  
125g

Yield Fortified:  
165g

Prep Time:  
10 minutes



To watch a video demonstration of our Shaped Scrambled Eggs click here or visit [vimeo.com/flavourcreations](https://vimeo.com/flavourcreations)

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## Ingredients

### Unfortified

3 tbsp (45mL) full cream milk

½ x Scoop A **Shape It**

1 tsp butter

2 large (59g) eggs

⅛ tsp (0.45g) [ThickPlus](#)

Salt and pepper to taste

— or —

### Fortified

¼ cup (60mL) full cream milk

½ x Scoop A **Shape It**

1 tsp butter

2 large (59g) eggs

1 x Scoop (40g) [AdVital](#)

⅛ tsp (0.45g) [ThickPlus](#)

Salt and pepper to taste

## Hints & Tips

Add 100g of grated cheese to the eggs as they are cooking.

Add cooked and chopped onion, mushrooms and/or ham to the butter before adding the egg mixture.

## Method

### Stove Top

1. Whisk milk, **Shape It** and butter in a small non-stick frying pan over medium heat. Bring to the boil then simmer gently for 2 minutes stirring constantly with a silicone spatula.
2. Whisk eggs, **AdVital** (if fortifying), salt and pepper until smooth in a bowl.
3. Add egg mixture to pan. Allow to thicken and gently lift and fold until all the mixture is cooked then remove from pan. Do not overcook.
4. Place the cooked egg mixture and [ThickPlus](#) in a blender and puree until smooth, scraping down the sides as required.
5. Season to taste and serve.

### Microwave\*

1. Add milk and butter to a microwave safe container. Whisk in **Shape It**. Cover and microwave for 15 second bursts until mixture begins to boil. Cook for a further 15 seconds.
2. Whisk eggs, [AdVital](#) (if fortifying), salt and pepper in a container until smooth. Cover and microwave for 20 seconds.
3. Remove, whisk and repeat cooking in 20 second bursts until the egg has started to set, and has cooked through. Do not overcook.
4. Place the cooked egg mixture and [ThickPlus](#) in a blender and puree until smooth, scraping down the sides as required.
5. Season to taste and serve.

\*Based on a 1000W microwave oven.



# Fish

A traditional Friday night meal

**Unfortified**  
**Yield:** 625g  
**Fortified Yield:** 725kg  
**Prep Time:** 1 hour

Using cooking spray, lightly spray **Shape It Mould #1**, or line a container with cling film or baking paper.



To watch a video demonstration of our Shaped Fish click [here](https://www.flavourcreations.com/shapeit) or visit [vimeo.com/flavourcreations](https://www.flavourcreations.com/shapeit)

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## Ingredients

### Unfortified

200mL full cream milk (or enough to almost cover the fish)

¼ tsp salt

650g boneless fish fillets

7½ x Scoop A **Shape It**

or

### Fortified

200mL full cream milk (or enough to almost cover the fish)

¼ tsp salt

650g boneless fish fillets

8 x Scoop A **Shape It**

2½ x Scoop (200g) [AdVital](#)

## Hints & Tips

Full cream milk can be used as the liquid for pureeing, or as the base of a delicious, creamy sauce.

Substitute milk with fish stock, coconut milk or a white wine sauce.

For added flavour use a bay leaf (remove before pureeing), lemon juice, garlic, herbs and spices or dry white wine to your poaching liquid.

## Method

1. Place the fish into a wide-bottomed pan in an even layer. Pour in the milk and season.
2. Cover lightly with baking paper and place over a low heat. Bring to a gentle simmer for 5-8 minutes or until cooked.
3. Remove fish from the milk and chop into pieces and place into food processor.
4. Whisk 150mL (100mL if fortifying) of poaching liquid and **Shape It** into a saucepan, bring to the boil over medium heat. Simmer gently for 2 minutes, stirring occasionally.
5. Pour mixture over fish, if fortifying add [AdVital](#), and puree until smooth. Scrape down sides as required and blend thoroughly. Season to taste with salt and pepper.
6. Pour into the prepared mould or container, cover with cling film or mould lid and refrigerate until set.
7. Remove from mould, leave whole or cut into bite-size pieces, and heat before serving. Reheat according to the reheating guide on our website [flavourcreations.com.au](https://www.flavourcreations.com.au).





# A Big Shaped Breakfast

Rise and shine!

### Bacon

**Yield:** 300g

**Prep Time:** 12 minutes

Line a tray with cling film or baking paper

### Tomatoes

**Yield:** 370g | **Prep Time:** 10 minutes

**Cook Time:** 3 minutes

Using cooking spray, lightly spray **Shape It** Mould #10

### Cornbread

**Unsoaked Yield:** 1kg | **Soak Time:** Overnight  
**Prep Time:** 10 minutes | **Cook Time:** 40 minutes

Line a 20cm square baking tin with baking paper.



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### Ingredients

#### Bacon

2 tsp (10mL) olive oil

200g middle cut bacon, rough 0.5cm dice,  
125mL water

3 x Scoop A **Shape It**

¼ tsp (0.9g) [ThickPlus](#)

#### Scrambled Eggs

Click here or refer to page 30 for the recipe

#### Tomatoes

400g diced canned tomatoes

3 x Scoop A **Shape It**

1 tsp white sugar or to taste

Salt and pepper to taste

#### Cornbread

1 cup (250mL) full cream milk

½ cup (80g) fine polenta

3 large (59g) eggs

1 cup (250g) creamed corn

150g butter, melted

1½ cups (225g) self-raising flour

2 tsp baking powder

1 tbsp (15g) caster sugar

2 tsp salt

#### Soaking Solution

4 cups (1L) full cream milk

5 x Scoop A **Shape It**

### Method

#### Bacon

1. Heat oil in a pan over low heat, add bacon and cook for 3 minutes or until cooked through and fragrant (but not crispy).
2. Whisk water and **Shape It** in a saucepan, add bacon. Bring to the boil over medium heat and simmer gently for 2 minutes, stirring occasionally.
3. Transfer the mixture to a food processor, add [ThickPlus](#) and puree until completely smooth, scraping down the sides as required.
4. Pour into the prepared tray, cover with cling film or baking paper and roll lightly with a rolling pin to the desired thickness. Refrigerate until set.

#### Scrambled Eggs

Click here or refer to page 30 for the recipe

#### Tomatoes

1. Puree tomatoes until liquefied, then pass through a fine mesh sieve. Discard seeds. Top up volume to 400mL with water or tomato juice.
2. Place sieved tomatoes in a medium saucepan with **Shape It**. Bring to boil over medium heat and simmer gently for 2 minutes, stirring constantly.
3. Season to taste with sugar, salt and pepper. Pour into the prepared mould or container, cover with cling film or mould lid and refrigerate until set.

#### Polenta

*Prepare one day in advance.*

4. Pre-soak the polenta by stirring in a bowl with the milk. Cover and refrigerate overnight.

#### Cornbread

1. Preheat oven to 180°C conventional/160°C fan-forced.
2. Wet mix: Puree soaked polenta, eggs, creamed corn and melted butter until completely smooth. If not completely smooth pass through a mesh sieve (refer to page 10).
3. Sieve flour and baking powder, mix in a large bowl with sugar and salt. Add the wet mixture and stir until just combined, do not over mix.
4. Place in prepared tin, bake for 35-40 minutes, or until a skewer inserted into the centre comes out clean.
5. Cool in tin on a wire rack.

#### Soak the Cornbread

1. When cool, gently turn onto a cutting board, trim and discard all crusts.
2. Slice into thin square portions, keeping them in pairs. Lay in a lined shallow tray or container with a little space in between each portion.
3. Whisk milk and **Shape It** in a saucepan, bring to the boil over medium heat and simmer gently for 2 minutes, stirring occasionally.
4. Pour the hot soaking solution over the Cornbread, soak for 5 minutes then turn over. Cover with cling film and refrigerate until set.
5. Remove from container, match pairs, arrange on plate or platter, cover well and steam before serving . Reheat according to the reheating guide on our website [flavourcreations.com.au](http://flavourcreations.com.au). Do not overheat.



# Zucchini, Lentil and Veggie Slice

A versatile vegetable slice perfect as a snack or a side dish.

Prep Time:  
25 minutes

Yield:  
900g

Preparation:  
Prepare a 18cm square container by lining it with baking paper or a double layer of cling film

## Ingredients

- 1 ½ tbsp (30mL) olive oil
- 1 (160g) brown onion, finely chopped
- 1 tbsp garlic, crushed
- 1 tbsp ground coriander
- 2 tsp ground cumin
- 1 (100g) medium carrot, peeled, grated
- 1 (150g) medium zucchini, grated
- 1 x 400g can brown lentils, drained, rinsed
- 2 x 125g cans creamed corn
- 200mL (200g) vegetable stock
- 1 ½ x Scoop B **Shape It**
- 1 ½ cups (165g) tasty cheddar cheese, grated
- Salt and pepper to taste

## Method

- Heat oil in a pan over low heat, add onion and garlic, cook until softened.
- Add the coriander and cumin and cook, stirring for 1 minute or until aromatic.
- Add the carrot and zucchini and cook for a further 5 minutes, or until all ingredients are cooked through and soft. Meanwhile, puree the creamed corn and stock together, then pass through a fine mesh sieve to remove any remaining bits of corn skin, using a ladle or the back of a large spoon to push the puree through the sieve. Discard anything left in the sieve.
- Remove from the heat and stir in the sieved creamed corn and stock, then the **Shape It** and lentils. Bring to the boil over low-medium heat, stirring continuously, then simmer gently while stirring for 2 minutes. Add cheese and stir until just melted.
- Place into a food processor and puree until smooth, scraping down the sides as required.
- Immediately pour evenly into the prepared container, cover and refrigerate until set.

## To serve

Turn out onto a cutting board, portion as desired. Serve at room temperature.

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# Savoury Cheese Slice

*A comfort-filled classic.*

**Prep Time:**  
7 minutes

**Cook Time:**  
3 minutes

**Yield:**  
300g

**Preparation:**  
Line a 12cm square container with cling film or baking paper

**Ingredients**

- ½ tsp garlic, crushed
- 1 tsp dried parsley, ground
- 1 cup (250 mL) full cream milk
- 3 ½ x Scoop A **Shape It** if serving at room temperature; 2 ½ x Scoop A if serving chilled
- ½ cup (55 g) tasty cheese, grated
- 2 ½ tbsp (25 g) parmesan cheese, grated
- 3 tsp Dijon mustard or to taste
- ½ tsp (1.9 g) [ThickPlus](#)
- Salt and pepper to taste

**Method**

1. Place the garlic, parsley, milk and **Shape It** into a small saucepan and stir to combine. Bring to the boil over low-medium heat, stirring continuously, then simmer gently while stirring for 2 minutes. Add the cheeses and stir until melted.
2. Pour into a food processor and add the mustard and [ThickPlus](#), then puree until smooth, scraping down the sides as required. Season to taste, then pour evenly into the prepared container, cover and refrigerate until set.

**To serve**

Turn out onto a cutting board, portion as desired. Serve at room temperature.



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# Lentil and Nut Slice

A delicious healthy meat-free recipe high in dietary fibre.

Prep and Cook  
Time:  
50 minutes

Yield:  
1kg

Preparation:  
Line a 19cm  
square container  
with cling film or  
baking paper

### Ingredients

- 2 tbsp (40mL) olive oil
- 1 (160g) brown onion, sliced
- 1 (100g) carrot, finely sliced
- 80g celery, finely sliced
- 75g mushrooms, sliced
- 1 ½ tbsp curry powder
- ½ cup (85g) red lentils, rinsed
- Around 700mL vegetable stock
- 1 ½ x Scoop B **Shape It**
- 3 tbsp (60mL) tomato sauce, or to taste
- 1 ½ tbsp (30mL) Worcestershire sauce or to taste
- ½ cup (60g) hazelnuts
- ½ cup (60g) walnuts
- Salt and pepper to taste

### Method

1. Heat oil and butter in a saucepan over low-medium heat, then sweat the onions for 5 minutes or until soft and translucent. Add the carrot, celery, mushrooms and curry powder and cook for 1 minute or until fragrant, stirring continuously. Add the lentils and 400mL of the stock, bring to the boil, then simmer gently for around 20 minutes or until the lentils are cooked through and starting to break down.
2. Meanwhile, grind the nuts finely in a food processor, then add the tomato and Worcestershire sauce. Leave the mixture in the processor.
3. When the lentils are completely cooked, pour the mixture into a measuring jug and make up to 900mL with some of the remaining stock. Pour back into the pan and stir in the **Shape It**. Bring to the boil over medium heat and simmer gently for 2 minutes, stirring frequently.
4. Pour the contents of the pan into a food processor and puree until smooth, scraping down the sides as required. Season to taste, then pour into the prepared container, cover and refrigerate until set.

### To serve

Turn out onto a cutting board, portion as desired, and serve at room temperature.

### Hints & Tips

Avoid adding any salt to the pan while you're cooking the lentils as this will cause them to toughen.

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# *Delicious* Desserts





# Lychee and Coconut Pudding

A twist on a sensational Asian-style dessert.

**Prep Time:**

22 minutes

**Preparation:**

Using cooking spray, lightly spray or line three containers with cling film or baking paper.

Or using cooking spray, lightly spray **Shape It** Mould #10

**Ingredients**

**Coconut Pudding**

¼ cup caster sugar

2 x scoop A **Shape It**

220mL Coconut Cream

**Lychee**

80g canned lychees

30mL liquid from canned lychees

1 x scoop A **Shape It**

**Mango**

300g canned mango (drained)

150mL liquid from canned mango

6½ x Scoop A **Shape It**

⅛ tsp (0.45g) [ThickPlus](#)

**Mint Dust**

As desired, see [page 4](#) for recipe

**Method**

**Coconut Pudding**

1. Place all ingredients into a saucepan
2. Stir until sugar is dissolved then bring to the boil, simmer 2 minutes
3. Pour into the prepared mould or container, cover with cling film or mould lid and refrigerate until set.

**Lychee**

1. Place all ingredients, in a food processor and puree until smooth, scraping down sides as required.
2. Transfer to a saucepan, bring to the boil over medium heat and simmer gently for 2 minutes, stirring occasionally.
3. Pour into the prepared mould or container, cover with cling film or mould lid and refrigerate until set.

**Mango**

1. Place all ingredients, in a food processor and puree until smooth, scraping down sides as required.
2. Transfer to a saucepan, bring to the boil over medium heat and simmer gently for 2 minutes, stirring occasionally.
3. Pour into the prepared mould or container, cover with cling film or mould lid and refrigerate until set.

**To serve**

4. Sprinkle mint dust onto plate
5. Place coconut pudding on top
6. Arrange mango and lychee pieces around
7. Serve with fresh cream or Flavour Creations Vanilla Ice Cream

**Hints  
&  
Tips**

We used the silicone pot stand from Kmart to shape the mango, and to create the square coconut puddings we used Kmart large ice cube trays. Add a delicious berry coulis to complete this dessert, see [page 52](#) for recipe.

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# Berry-licious Heart Cakes with Strawberry Coulis

A special treat for those you love.

**Prep Time:**  
20 minutes

**Cake:**  
270g

**Preparation:**  
Using cooking spray, lightly spray heart shaped moulds or cupcake tins

**Ingredients**

**Cake**

200g Sponge crumbs  
400ml Milk  
4 x Scoop A Shape It

**Raspberry**

See recipe page 43 of **shaped: your essential guide to shaped cuisine**

**Strawberry Coulis**

1 punnet of Strawberries  
Sugar to taste

**Method**

**Cakes**

1. Place milk and **Shape It** in a saucepan, bring to the boil then simmer for 2 minutes
2. Pour over cake crumbs and gently mix well.
3. Place a spoonful of the cake mix into the bottom of the mould
4. Join two of the raspberry spheres to form a ball and place on top of the cake mix
5. Place the remaining cake mix into the mould
6. Smooth off top, repeat until all mixture used.
7. Cover and refrigerate until set.

**Raspberry**

See recipe page 43 of **shaped: your essential guide to shaped cuisine**

**Strawberry Coulis**

1. Puree together then sieve to remove seeds.
2. Cover & refrigerate until ready to serve.

**Hints  
&  
Tips**

Sprinkle with meringue dust, simply vitamize megingue until it forms a dust. Store in an airtight jar until ready to serve.

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# Pumpkin Scones

Easily whip up a delicious batch of these Shaped pumpkin scones.

**Prep Time:**  
20 minutes

**Yield:**  
12 Scones

**Preparation:**  
Using cooking spray, lightly spray a muffin tray

## Ingredients

2 cups self-raising flour

2 tbs caster sugar

Pinch of salt

60g butter, chilled, chopped

1/2 cup buttermilk

1/2 tsp Ground Nutmeg (optional)

1 cup mashed cooked butternut pumpkin (approx. 400g raw peeled chopped)

Extra buttermilk, for brushing

## For Shaping the scones

Milk

## Shape It

## Method

1. Preheat oven to 220° fan forced
2. Sift flour, nutmeg, sugar and salt into a bowl, rub in butter until mixture resembles fine breadcrumbs.
3. Make a well in centre of mixture. Add buttermilk and pumpkin. Stir until a sticky dough forms.
4. Turn out onto a lightly floured surface. Knead gently until just smooth.
5. Gently roll out until 2cm thick, cut out scones using a cutter.
6. Place scones on prepared tray. Brush with buttermilk and bake for 12 -15 minutes.

## Shaped Scones

1. Weigh scones then make into fine crumbs.
2. For every 100g cooked scones use 250mls of milk & 2 x Scoop A **Shape It**.
3. Place milk and **Shape It** in a saucepan, bring to the boil then simmer for 2 minutes.
4. Pour over scone crumbs and gently mix well.
5. Place into muffin trays, refrigerate to set.
6. Serve with cheese or butter.



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# Homemade Oreos

Recreate everyone’s favourite cream-filled chocolate cookie.

**Prep Time:**  
22 minutes

**Oreo Biscuit**  
**Yield:**  
270g

**Vanilla Cream**  
**Filling Yield:**  
100g

**Preparation:**  
Line two trays with baking paper, and prepare another two sheets of baking paper the same size

## Ingredients

### Oreo Biscuit

1 pack (137g) Oreos with Cream Filling

135mL water

2 x Scoop A **Shape It**

### Vanilla Cream Filling

50g unsalted butter

3 tbsp + 2 tsp (45g) icing sugar

1½ tsp vanilla essence

1 tsp (5mL) full cream milk

## Method

### Oreo Biscuit

1. Finely crumb biscuits in a food processor, then place into a bowl and mix to a smooth paste with 50g of the water.
2. Whisk remaining water and **Shape It** in a saucepan, bring to the boil over medium heat, simmer gently for 2 minutes, stirring occasionally.
3. Stir half the hot **Shape It** mixture into the crumb paste, then stir in the rest and mix until smooth.
4. Pour immediately onto one of the lined trays, cover with a sheet of baking paper and press or roll out to an even layer around 4mm thick. Refrigerate until set.

### Vanilla Cream

1. Cream all ingredients together until light and fluffy.
2. Pour immediately onto one of the lined trays, cover with a sheet of baking paper and press or roll out to an even layer around 3mm thick. Refrigerate until set.

### To serve

Use a 4cm round cutter (preferably fluted) to cut out Oreos and vanilla cream, then sandwich the cream between two cookies. Serve at room temperature.

## Hints & Tips

To add an attractive pattern to the tops of your Oreos, set your Oreo mixture on two lightly greased spring form tin bases. The spring-form bases are generally around 5mm deep, so divide the mixture between the two bases, cover with cling film or baking paper and press down with a flat tray to achieve even 5mm layers of biscuit.

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# Lemon Melting Moments

These buttery little biscuits are great for teatime.

**Prep Time:**

1 hour 10 minutes

**Biscuit Yield:**

540g

**Lemon Buttercream Yield:** 100g

**Preparation:**

To make the biscuits line a flat baking tray with baking paper. To Shape the biscuits line a suitably-sized container with cling film or baking paper (see Hints & Tips).

**Ingredients**

**Biscuit**

250g butter, softened

1 tsp (5 mL) vanilla essence

½ cup (75 g) icing sugar, sifted

1½ cups (225g) plain flour

½ cup (75g) cornflour

**To shape biscuits (for every 150g of biscuits)**  
150g melting moments

1½ tbsp icing sugar

1 tbsp (10ml) vanilla essence

11 drops yellow food colouring or as desired

225g full cream milk

3 x Scoop A **Shape It**

**Lemon Buttercream (for every 150g of biscuits shaped)**  
40g butter

6 tbsp (60g) icing sugar

1 tbsp (20mL) lemon juice

**Method**

**Biscuit**

1. Preheat oven to 160°C conventional, 140°C fan-forced.
2. Sift the flours together and set aside.
3. Cream butter, vanilla and icing sugar using an electric mixer until light and fluffy.
4. Stir in half of the combined flours, and then the remainder. With lightly-floured hands, roll heaped teaspoons of mixture into balls and place about 3cm apart on the prepared baking tray. Flatten slightly with a floured fork.
5. Bake for around 20-25 minutes or until the tops and bottoms of the biscuits are light golden and lightly firm. Stand 10 minutes before lifting onto wire racks to cool completely.

**To shape biscuits:**

1. Pulse biscuits in a food processor to a fine crumb then place into a bowl and mix to a smooth paste with 75g of milk. Stir in the icing sugar, vanilla and food colouring.
2. Whisk remaining milk and **Shape It** and in a saucepan, bring to the boil over medium heat, simmer gently for 2 minutes, stirring occasionally.
3. Stir half the hot **Shape It** mixture into the crumb paste, then stir in the rest and mix until smooth. Sandwich two biscuits together with the buttercream.
4. Pour immediately into the prepared container, cover and refrigerate until set.

**Lemon Buttercream**

1. Cream all ingredients together until white and fluffy.
2. Use a round cutter around 3.5cm in diameter to cut out biscuits.

**To serve**

Serve at room temperature.

**Hints & Tips**

Allow the biscuits to cool completely before crumbing them.

As a guide, if shaping 150g of Melting Moments, divide the mixture between two 15cm square containers to get layers around 7mm thick (yields 16 x 3.5cm biscuits per container).

Use a piping bag with a star nozzle to apply the buttercream.

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# ANZAC Biscuits

*These quick and easy oaty biscuits are a guaranteed crowd pleaser.*

**Prep Time:**  
12 minutes

**Yield:**  
300g

**Preparation:**  
Line a container of suitable size (aim for a 7-10mm layer of mixture) with baking paper or a double layer of cling film

## Ingredients

- 100g *Unibic* ANZAC Biscuits
- 200g full cream milk
- 2 x Scoop A **Shape It**

## Method

1. Finely crumb biscuits in a food processor, then place into a bowl and mix to a smooth paste with 50g of milk.
2. Whisk remaining milk and **Shape It** in a saucepan, bring to the boil over medium heat, simmer gently for 2 minutes, stirring occasionally.
3. Stir half the hot **Shape It** mixture into the crumb paste, then stir in the rest and mix until smooth.
4. Pour immediately into the prepared container, cover and refrigerate until set.

## To Serve

Use a cutter or knife to cut out biscuits. Serve at room temperature.

## Hints & Tips

For variety replace the milk with coffee, tea or hot chocolate.

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# Milk Arrowroot Biscuits

*A deliciously simple teatime favourite.*

**Prep Time:**  
12 minutes

**Yield:**  
300g

**Preparation:**  
Line a container of suitable size (aim for a 7-10mm layer of mixture) with baking paper or a double layer of cling film

## Ingredients

- 100g *Arnott's* Milk Arrowroot Biscuits
- 200g full cream milk
- 2 x Scoop A **Shape It**

## Method

1. Finely crumb biscuits in a food processor, then place into a bowl and mix to a smooth paste with 100g of milk.
2. Whisk remaining milk and **Shape It** in a saucepan, bring to the boil over medium heat, simmer gently for 2 minutes, stirring occasionally.
3. Stir half the hot **Shape It** mixture into the crumb paste, then stir in the rest and mix until smooth.
4. Pour immediately into the prepared container, cover and refrigerate until set.

## To serve

Use a cutter or knife to cut out biscuits. Serve at room temperature.

## Hints & Tips

For variety replace the milk with coffee, tea or hot chocolate.

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# Ginger Nut Biscuits

*The old fashioned buttery Ginger Nut biscuit that's ideal with a cuppa.*

**Prep Time:**  
12 minutes

**Yield:**  
250g

**Preparation:**  
Line a container of suitable size (aim for a 7-10mm layer of mixture) with baking paper or a double layer of cling film

## Ingredients

- 100g *Arnott's* Ginger Nut Biscuits
- 150g full cream milk
- ½ tsp ground ginger or to taste
- 1 tsp brown sugar or to taste
- 1 ½ x Scoop A **Shape It**

## Hints & Tips

For variety replace the milk with coffee, tea or hot chocolate.

## Method

1. Finely crumb biscuits in a food processor, then place into a bowl and mix to a smooth paste with 50g of milk.
2. Whisk remaining milk, sugar, ginger and **Shape It** and in a saucepan, bring to the boil over medium heat, simmer gently for 2 minutes, stirring occasionally.
3. Stir half the hot **Shape It** mixture into the crumb paste, then stir in the rest and mix until smooth.
4. Pour immediately into the prepared container, cover and refrigerate until set.

## To serve

Use a cutter or knife to cut out biscuits. Serve at room temperature.

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# Chocolate Ripple Biscuits

*These incredibly moreish chocolate biscuits are impossible to resist.*

**Prep Time:**  
12 minutes

**Yield:**  
250g

**Preparation:**  
Line a container of suitable size (aim for a 7-10mm layer of mixture) with baking paper or a double layer of cling film

## Ingredients

100g *Arnott's* Chocolate Ripple Biscuits

150g full cream milk

1 ½ x Scoop A **Shape It**

## Method

1. Finely crumb biscuits in a food processor, then place into a bowl and mix to a smooth paste with 50g of milk.
2. Whisk remaining milk and **Shape It** in a saucepan, bring to the boil over medium heat, simmer gently for 2 minutes, stirring occasionally.
3. Stir half the hot **Shape It** mixture into the crumb paste, then stir in the rest and mix until smooth.
4. Pour immediately into the prepared container, cover and refrigerate until set.

## To serve

Use a cutter or knife to cut out biscuits. Serve at room temperature.

## Hints & Tips

For variety replace the milk with coffee, tea or hot chocolate.

To achieve a pattern on the biscuit use a container with a pattern on the base.

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# Shortbread Biscuits

These light and buttery shortbread biscuits are best enjoyed with a pot of tea for an afternoon treat.

**Prep Time:**  
12 minutes

**Yield:**  
200g

**Preparation:**  
Line a container of suitable size (aim for a 1cm layer of mixture) with baking paper or a double layer of cling film

## Ingredients

- 100g Walker's Shortbread Biscuits
- 2 tsp caster sugar
- 1 tsp (5mL) vanilla extract
- 200g full cream milk
- 2 x Scoop A Shape It

## Method

1. Finely crumb biscuits in a food processor, place into a bowl with the sugar and vanilla and mix to a smooth paste with 75g of milk.
2. Whisk remaining milk and **Shape It** in a saucepan, bring to the boil over medium heat, simmer gently for 2 minutes, stirring occasionally.
3. Stir half the hot **Shape It** mixture into the crumb paste, then stir in the rest and mix until smooth.
4. Pour immediately into the prepared container, cover and refrigerate until set.

## To serve

Use a cutter or knife to cut out biscuits. Serve at room temperature.

## Hints & Tips

For variety replace the milk with coffee, tea or hot chocolate.





# Cherry Chocolate Slice

Treat yourself to this sweet little treat of coconut, cherry and chocolate.

**Total yield:**  
1kg

**Cherry Base**  
**Prep Time:**  
5 minutes

**Cook Time:**  
7 minutes

**Yield:**  
Approx. 700mL

**Choc Coconut Topping**  
**Prep Time:**  
5 minutes

**Cook Time:**  
4 minutes

**Yield:**  
300g

**Preparation:**  
Line a 12cm x 27cm loaf tin with cling film or baking paper

## Ingredients

### Cherry Base

500g frozen cherries

½ cup (100g) caster sugar

4 x Scoop A **Shape It**

¾ tsp (2.8g) [ThickPlus](#)

### Choc Coconut Topping

60g dark (70% cocoa) chocolate

240g thickened cream

40g icing sugar

2 x Scoop A **Shape It**

3 tsp coconut essence

## Hints & Tips

Fold 525g of plain sponge cake crumbs through the hot cherry base for a different texture.

## Method

### Cherry Base

1. Place all ingredients, except [ThickPlus](#), in a food processor and puree, scraping down sides as required.
2. Transfer to a saucepan, bring to the boil over medium heat and simmer gently for 2 minutes, stirring frequently.
3. Pour back into the food processor and blend in the [ThickPlus](#) until thick and smooth.
4. Pour immediately into the prepared tin, press cling film lightly over the surface and refrigerate until set before preparing the chocolate.

### Choc Coconut Topping

1. Combine all ingredients in a small saucepan. Bring to the boil over low-medium heat, stirring continuously, then simmer gently while stirring for 2 minutes.
2. Pour evenly over the cherry layer, cover with cling film and refrigerate for several hours or overnight.

### To serve

Turn out onto a cutting board, portion as desired, and serve chilled or at room temperature.

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# Lemon Slice

*This easy, sweet lemony treat is perfect for an afternoon or morning tea.*

**Prep Time:**  
15 minutes

**Cook Time:**  
10 minutes

**Total Yield:**  
1.2kg

**Slice Yield:**  
900g

**Icing Yield:**  
300g

**Preparation:**  
Line an 18cm square container or a 27cm x12cm (base measurement) loaf tin with baking paper or a double layer of cling film

## Ingredients

### Slice

250g *Arnott's* Milk Arrowroot Biscuits

4 tbsp (70g) caster sugar

5 tbsp (100mL) lemon juice

1 tbsp (20mL) coconut essence

2 cups (500mL) full cream milk

½ x Scoop B **Shape It**

### Icing

1 ½ cups (225g) icing sugar

4 tbsp (80mL) fresh lemon juice

1 tbsp (20mL) water

4 x Scoop A **Shape It**

½ tsp (1.9 g) [ThickPlus](#)

## Method

### Slice

1. Finely crumb biscuits in a food processor, then place into a bowl with the sugar, lemon juice and coconut essence and mix to a smooth paste with 200mL of milk.
2. Whisk remaining milk and **Shape It** and in a saucepan, bring to the boil over medium heat, simmer gently for 2 minutes, stirring occasionally.
3. Stir half the hot **Shape It** mixture into the crumb paste, then stir in the rest and mix until smooth.
4. Pour immediately into the prepared container, cover and refrigerate until set before preparing the icing.

### Icing

1. Place the icing sugar and [ThickPlus](#) into a food processor (or straight-sided container if using a handheld blender).
2. Whisk water, lemon juice and **Shape It** and in a saucepan, bring to the boil over medium heat, simmer gently for 2 minutes, stirring occasionally.
3. Pour the contents of the pan onto the icing sugar and puree until smooth and thickened, scraping down the sides as required.
4. Pour immediately over the slice, cover and refrigerate until set.

### To serve

Use a cutter or knife to cut to portion. Serve at room temperature.

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# White Chocolates with rum and Dark Chocolates

Indulge with these decadent creamy chocolates



To watch a video demonstration of chocolate recipies click here or visit [vimeo.com/212202907](https://vimeo.com/212202907)

**White Chocolates:**

**Prep Time:** 3 minutes

**Cook Time:** 4 minutes

**Yield:** 300g

**Dark Chocolates:**

**Prep Time:** 3 minutes

**Cook Time:** 4 minutes

**Yield:** 300g

**Preparation:** Using cooking spray, lightly spray Shape It Mould #9, or spray a loaf tin and line base with baking paper.

**Ingredients**

**White Chocolate**

60g *Cadbury Dream* white chocolate

240g thickened cream

1 tsp rum essence

30g icing sugar

2 x Scoop A Shape It

**Dark Chocolate**

60g dark (70% cocoa) chocolate

240g thickened cream

40g icing sugar

2 x Scoop A Shape It

**Method**

1. Combine all ingredients in a small saucepan. Bring to the boil over low-medium heat, stirring continuously, then simmer gently while stirring for 2 minutes.
2. Pour into prepared mould or tin, cover with cling film or mould lid and refrigerate until set.
3. Serve chilled or at room temperature.

**Hints  
&  
Tips**

While the chocolates will set after a couple of hours in the fridge they may firm up a little further if left overnight. If they become too hard, leave out for 30 minutes before consuming.

Change the flavours with brandy, whisky or coffee.

Add texture C chocolates to your Easter egg hampers so all your residents can enjoy a chocolate (or two) this Easter!

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# Hot Cross Buns

A tasty Easter treat

**Prep Time:** 15 minutes  
**Preparation:** Line a loaf tin with baking paper.

**Ingredients**

**To serve hot**

200g fruit free hot cross buns

500mL full cream milk or other liquid (Add a dash of orange or lemon juice to give that mixed peel flavour)

2 x Scoop A **Shape It**

**To Fortify**

2 x Scoops of [AdVital](#)

**To serve cold**

200g fruit free hot cross buns

600mL full cream milk or other liquid (Add a dash of orange or lemon juice to give that mixed peel flavour)

2 x Scoop A **Shape It**

**To Fortify**

2 x Scoops of [AdVital](#)

**Buttercream Icing (optional)**

250g butter

2 cups (300g) icing sugar

1 tsp vanilla essence

**Method**

**Buns**

1. Remove and discard the white cross from the bun.
2. Crumb buns in a food processor. Don't crumb them too fine you want to retain some of the texture of the bun.
3. Whisk milk and **Shape It** in a medium saucepan, bring to the boil over medium heat and simmer gently for 2 minutes, stirring occasionally.
4. If fortifying, whisk in [AdVital](#).
5. Combine liquid with crumbs, pour into a container and refrigerate until set.
6. Please note, do not blast chill. The crumbs need a slower time to absorb all the liquid to become soft and soggy.

**Icing**

1. Cream butter, sugar and vanilla essence until white and fluffy.
2. Decorate buns with crosses using a pipping bag or use pre-made icing in a tube.

Hints  
&  
Tips

Add a sultana puree to the recipe for a fruit hot cross bun option.  
Simply puree the sultanas then pass through a sieve. Some very tiny seeds may still remain, a Speech Pathologist must check this is acceptable for the resident.  
Roll the sultana puree into tiny balls and fold into the mixtute before setting





# Sha-tails

Shaped Cocktails

## Hints & Tips

To make these delicious cocktails less alcoholic, simply change the level of alcohol to taste – just keep the liquid ratio to Shape It the same.



**Ingredients**

**Bloody Mary**

- 180g passata
- 20mL vodka
- 1 ½ Scoop A Shape It
- 1 tsp sugar or to taste

**Screwdriver**

- 180mL OJ
- 20mL Vodka
- 1 tsp sugar or to taste
- 1 ½ Scoop A Shape It

**Expresso Martini**

- 30mL Kahlua or Tia Maria
- 20mL vodka
- 2 tsp coffee (to taste)
- 80mL milk
- 60mL water
- Sugar to taste
- 1 Scoop A Shape It

**Cosmo**

- 20mL vodka
- 20mL Cointreau
- 160mL cranberry drink
- 1 Scoop A Shape It

**Whisky Royale**

- 30mL Scotch
- Ginger ale
- 120mL Apple juice
- 1 Scoop A Shape It

**Brandy Alexander**

- 30mL Crème de cacao
- 30mL Brandy
- 140mL cream
- 1½ Scoop A Shape It

**Spiced Chocolate**

- 30mL Brandy
- Pinch cinnamon, nutmeg
- 3 tblsp powdered chocolate
- 170mL cream
- 1½ Scoop A Shape It

**Breakfast Martini**

- 30mL marmalade, passed through a strainer or pureed with a stick mixer after heating.
- 20mL Cointreau
- 20mL Gin
- 130mL Orange Juice
- 1½ Scoop A Shape It

**Method**

1. Add all ingredients into a saucepan, bring to the boil over medium heat and simmer gently for 2 minutes, stirring occasionally.
2. Pour into heart shaped moulds, cover with cling film or mould lid and refrigerate until set.
3. Portion as desired and arrange on a plate or platter.



# Sha-tails

(Shaped Cocktails)

*Bloody Mary*



*Screwdriver*

**Expresso Martini**



**Cosmo**

**Whisky Royale**



**Brandy Alexander**

*Spiced Chocolate*



**Breakfast Martini**



# Aston’s Mango and Coconut Delights

*Delightful coconut bite-size treats*

**Preparation:**

Using cooking spray, lightly spray Shape It Mould #9, or line a container with cling film or baking paper

**Ingredients**

- 180mL coconut milk
- 1 tsp sugar
- 1 x Scoop [AdVital](#)
- 300g canned mango
- 1/4 tsp of [ThickPlus](#)
- 7 Scoop A Shape It

**Method**

1. Place all ingredients, except [AdVital](#), in a food processor and puree until smooth, scraping down the sides as required.
2. Transfer to a saucepan, bring to the boil over a medium heat and simmer gently for 2 minutes, stirring occasionally. Whisk in [AdVital](#).
3. Pour into prepared mould or container, cover with cling film or mould lid and refrigerate until set.
4. Portion as desired and arrange on a plate or platter.



Get shaping and share your creations with us!



[flavourcreations.com.au](http://flavourcreations.com.au)