



# shape it™

COOKING

## Mother's Day Menu



# Mother's Day Menu

Shape It brings dignity back to dining, transforming any texture modified foods into attractive, enticing dishes that look incredible. Everyone at the table can enjoy the same delicious food, regardless of their diet.

Show Mum how special she is with our Mother's Day Menu. Whether you're rustling up breakfast in bed, preparing a Sunday lunch or whipping up a sweet treat, you will find the perfect recipe to show your love and gratitude.

Cooked with Love, Happy Mother's Day!



## Menu

---

### **Smoked Salmon and Creamy Scrambled Eggs**

*Irresistible smoked salmon served with creamy scrambled eggs, finished with a drizzle of hollandaise sauce.*

### **Italian Roast Chicken with Vegetables and Rich Tomato Sauce**

*Roast chicken seasoned with Italian mixed herbs, served with green beans, mashed sweet potato and rich white wine tomato sauce.*

### **Strawberries and Cream Cupcakes**

*Traditional vanilla cupcakes blended with strawberries and frosted with white chocolate butter cream.*



# Smoked Salmon and Creamy Scrambled Eggs

Prep Time: 2 hours

Serves: 2

## Salmon

200g smoked salmon

125g water

¼ tsp thickplus

3 'A' scoops (3g) Shape It Powder

## Bread

4 slices of white bread,  
crusts removed

200mL milk

2 'A' scoops (2g) Shape It Powder

## Eggs

100mL milk

1 'A' scoop (1g) Shape It Powder

4 eggs

¼ tsp thickplus

Salt & pepper, to taste

## Hollandaise Sauce (Optional)

2 egg yolks

250g clarified butter

20mL white wine vinegar

20mL lemon juice

Salt & pepper, to taste

## Smoked Salmon

1. Line a tray with cling film.
2. In a small saucepan, combine Shape It Powder and water, whisk to combine. Bring to the boil over a medium heat, stirring occasionally.
3. Add hot liquid, smoked salmon and thickplus to a jug of a blender, and blend until well combined and smooth, scraping down sides as required.
4. Pour the mixture into prepared tray, ensuring mixture is no more than half a centimetre thick.
5. Cover and refrigerate for two hours or until set.
6. Slice set mixture into desired size and shape.

## Eggs

1. In a small non-stick frying pan, whisk milk and Shape It Powder. Bring to the boil over a medium heat, stirring occasionally.
2. Whisk eggs until smooth in a bowl.
3. Add the eggs to the pan. Allow to thicken and gently lift and fold until all mixture is cooked and starts to scramble.
4. Place the egg mixture and thickplus in a blender and puree on high until smooth, scraping down sides as required.
5. Season to taste and serve.

## Bread

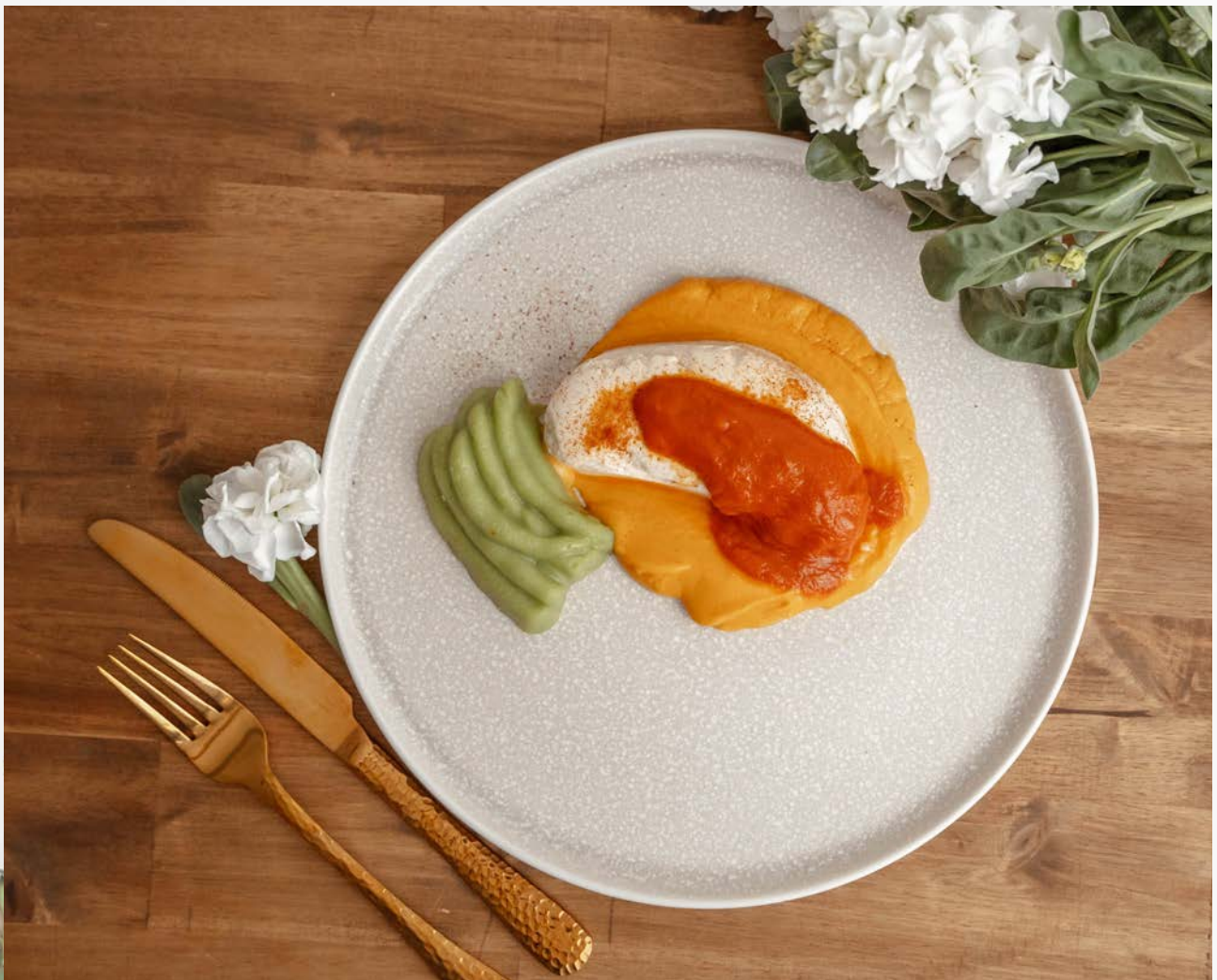
1. Line a tray with cling film.
2. Lay the bread onto tray, ensuring each piece is not overlapping.
3. In a saucepan over medium heat, bring milk and Shape It Powder to the boil, stirring occasionally.
4. Use a fork to pierce holes into the bread to help milk solution soak evenly into the bread.
5. Pour 100mL hot milk solution over the bread, and keep the remaining liquid hot. Allow to soak in for 1 minute.
6. Turn bread over, and pour remaining 100mL of hot milk solution over unsoaked parts. Allow to soak and refrigerate for 2 – 3 hours.

## Hollandaise Sauce (Optional)

1. Half fill a saucepan with water and bring to a simmer over medium heat.
2. Place egg yolks, white wine vinegar and lemon juice into a small heat-proof bowl. Whisk to combine.
3. Place bowl over saucepan. Make sure water does not touch the bowl. Cook, whisking gently, until mixture is creamy, and triple in size. Carefully remove bowl from saucepan.
4. Melt butter, and slowly add to the hot sauce mixture, whisking constantly.
5. Season to taste and serve.

## To Assemble and Serve

1. Before serving bread cut off any dried or unsoaked pieces and remove any excess liquid formed around the edges.
2. Place a slice of shaped bread onto a plate and top with shaped eggs and smoked salmon.
3. (Optional) Garnish with some smoked paprika or with hollandaise sauce.



# Italian Roast Chicken with Vegetables and Rich Tomato Sauce

Prep Time: 4 hours

Serves: 6

## Chicken

500g chicken thighs, boneless and skinless

50mL olive oil

200g chicken stock

6 'A' scoops (6g) Shape It Powder

¼ tsp thickplus

2tbsp Italian mixed herbs

Salt and pepper, to taste

## Green Beans

400g frozen beans

75g beans cooking water

5 'A' scoops (5g) Shape It Powder

## Sweet Potato

500g cooked sweet potato

100g butter

50g double cream

Salt and pepper, to taste

## Tomato Sauce

2 brown onions, chopped

1tbsp minced garlic

20mL olive oil

200mL white wine

700mL tomato passata

2tbsp Italian mixed herbs

Salt and pepper, to taste

## Chicken

1. Grease the base and sides of a Shape It Poultry Mould with spray oil.
2. In a large fry pan over medium heat, add the olive oil and chicken thighs, and cook for 10-15 minutes until thighs are cooked. Season to taste.
3. Place the thighs and thickplus in a blender and blitz on high until smooth.
4. In a medium saucepan, over medium heat, bring the chicken stock, Shape It Powder and mixed herbs to the boil, stirring occasionally.
5. Pour the hot chicken stock-Shape It mixture over the pureed chicken and blend on high speed for 2-3 minutes or until smooth.
6. Pour into the prepared Shape It Poultry Mould, cover with mould lid and refrigerate for 2 hours or until set.
7. Remove from mould, heat and serve (refer to Moulded Food Reheating Guide on Page 9).

## Green Beans

1. Grease the base and sides of a Shape It Beans Mould with spray oil.
2. In a medium saucepan, boil beans in water for 3 minutes, strain beans and reserve the liquid.
3. Add beans to a blender and blend on high for 3 minutes or until smooth, scraping down sides as required.
4. To a separate saucepan, bring 75g of the beans cooking water and Shape It Powder to the boil for 30 seconds, stirring occasionally.
5. Pour hot liquid over pureed green beans, and blend until well combined and smooth, scraping down sides as required.
6. Pass the puree beans through a fine sieve to achieve a smooth consistency.
7. Pour into the prepared Shape It Beans Mould, cover with mould lid and refrigerate overnight or until set.
8. Remove from mould, heat and serve (refer to Moulded Food Reheating Guide on Page 9).

## Sweet Potato

1. Place cream and butter in a small saucepan, bring to the boil over medium heat, stirring constantly, until thickened.
2. Pour over the cooked sweet potato and mash together until smooth.
3. Season to taste and serve.

## Tomato Sauce

1. In a medium saucepan over medium heat, add the olive oil and onion, and cook for 5 minutes until soft.
2. Add the garlic, herbs and wine, and simmer for 5 minutes.
3. Add the tomato passata, bring to a simmer and cook for 30 minutes, stirring occasionally.
4. Remove from the heat, pour into a blender and blend until smooth.
5. Season to taste and serve.

## To Assemble and Serve

1. On a serving plate, place the mashed sweet potato and top it with the chicken. Serve with the green beans and finish with the tomato sauce.



# Strawberries and Cream Cupcakes

Prep Time: 4 hours

Serves: 10

## Cupcakes

2 eggs

140g caster sugar

1tsp vanilla

60g frozen strawberries, chopped

200g self-raising flour, sifted

Additional milk and Shape It Powder, see Methods (Step 7)

## Buttercream Frosting

3 egg whites

150g caster sugar

50g water

100g white chocolate

250g unsalted butter, room temperature

## Cupcakes

1. Preheat the oven to 180°C. Line a tray with baking paper.
2. Cream the butter, sugar, and vanilla with an electric mixer.
3. Add the eggs, one at a time, and beat for 5 minutes or until combined
4. In the mixing bowl, add the flour and strawberries and gently fold to combine.
5. Pour mixture into prepared tray. Bake for 20 minutes or until cooked through. Remove from oven and transfer to a wire rack to cool to room temperature.

## To Shape

6. Line 10 muffin pans with patty cases.
7. Weigh cake and measure Shape It Powder and milk. For every 50g of cake, measure 125g of milk and 1 'A' scoop (1g) of Shape It Powder.
8. Add cake to a food processor and process into a crumb.
9. In a saucepan over medium heat, bring milk and Shape It Powder to the boil, stirring occasionally.
10. Pour the milk-Shape It mixture over the cake crumb, and blend for 2 minutes or until well combined and smooth.
11. Spoon mixture evenly among the patty cases.
12. Cover and refrigerate until set.

## Buttercream Frosting

1. Place white chocolate in a microwave safe bowl. Cook in a microwave on the lowest power setting for 30 seconds interval, stirring frequently, for 3 minutes or until chocolate melts. Make sure temperature does not exceed 30°C. Carefully remove bowl from microwave and set aside to cool to room temperature.
2. In a small saucepan, bring sugar and water to 114°C to make a sugar syrup and set aside.
3. Whisk the egg whites in electric mixer and slowly incorporate the sugar syrup on medium speed, until combined. Whisk on high for 5-10 minutes until the cream has cooled to room temperature.
4. Slowly add the ambient butter a piece at a time, mix until smooth, then slowly pour in the melted white chocolate to combine.
5. Place piping bag with nozzle in an empty glass. Spoon mixture into piping bag.
6. Pipe buttercream in a swirl pattern on top of each cupcake while the buttercream is still soft.





# Moulded Food Reheating Guide

## Storage

Once prepared, food and drinks should be handled and stored according to your Food Safety protocols.

Flavour Creations recommends use of the '2 hour/4 hour rule' for serving vulnerable persons.

Refrigerate between serving, and discarding any leftover product after 24 hours.

## Oven or Hot Box / Retherm Trolley

1. Cover food securely to prevent drying out. A light spray of cooking oil over the food may be helpful.
2. Low temperatures are preferable to avoid food overheating or forming a crust or skin. Oven/hot box temperatures around 120°C conventional (100°C fan-forced) are recommended.
3. Heating time will depend on portion size and amount of food being heated – check the internal food temperature with a probe to determine when the food has reached a suitable temperature.

## Steamer or Combi Oven

1. Follow the oven directions above.
2. If steam is being used ensure the food is well-sealed. If steam reaches the food it will add additional moisture and may cause it to lose its shape.

## Microwave

1. Cover food securely to prevent drying out. A light spray of cooking oil over the food may be helpful.
2. Use a low power setting.
3. Heating time will depend on portion size and amount of food being heated – check the internal food temperature with a probe to determine when the food has reached a suitable temperature.



Get shaping and share  
your creations with us!



---

For more on Shape It  
visit [FlavourCreations.com.au](http://FlavourCreations.com.au)  
or call +61 7 3373 3000