

Nutritious Pureed Food Recipes



By Puree Food Molds, featuring
SUSTAGEN® Hospital Formula
Active Neutral Flavour and
RESOURCE® THICKENUP® Clear.



Serving
Suggestion

All recipes contained in this booklet have been created and tested by a healthcare professional (R.M. BSc Nutrition and Food Science, Grad Dip Dietetics).

Nutritional supplements can only be of assistance where dietary intake is inadequate. Please seek advice on your individual dietary needs from an Accredited Practising Dietitian or your healthcare professional. SUSTAGEN® Hospital Formula Active is a formulated meal replacement and cannot be used as a total diet replacement. Consume as part of a varied and balanced diet and healthy lifestyle.

RESOURCE® THICKENUP® Clear is a food for special medical purposes for the dietary management of people with swallowing difficulties. Must be used under medical supervision.

Information for healthcare professional use only.



Things are looking up for texture-modified foods

Nestlé Health Science and Puree Food Molds have collaborated to provide nutritious pureed foods in exciting, high quality molds.

The 100% silicone molds deliver a first-class opportunity to improve meal presentation, provide greater meal variety and improve dining with dignity.

Recipes in this booklet include RESOURCE® THICKENUP® Clear and SUSTAGEN® Hospital Formula Active Neutral Flavour to provide nutritionally complete fortification in a safe consistency for residents with swallowing difficulties. Please refer to labels for potential allergens.



Transform food in 5 easy steps

Step 1: Puree

Place the cooked food in a food processor and puree until a thick, smooth, lump free consistency is achieved. Avoid adding too much fluid to the blender to prevent diluting the nutritional content of the puree.

Step 2: Fortify & Thicken

Add SUSTAGEN® Hospital Formula Active Neutral Flavour to the mixture to ensure the molded puree will be nutritionally adequate. Add RESOURCE® THICKENUP® Clear to the puree to ensure the molded food maintains its new form once removed from its mold and is reheated. Look for puree consistency that will hold on a spoon when inverted.*

***Please note:** The exact amount of RESOURCE® THICKENUP® Clear required in the recipes varies greatly, therefore add the powder slowly, 1 scoop at a time until correct consistency is achieved.

Step 3: Mold

Using a spatula, evenly spread the pureed food throughout the individual mold cavities. Cover the mold tray with a mold lid and place in the freezer to set.

Step 4: Present

Once frozen, remove the molded food portions from the mold tray and place onto a plate. Cover and allow to thaw in the fridge.

Note: To save space, the frozen molds can be placed in suitable freezer bags and logged and labelled as per HACCP requirements.

Step 5: Heat & Serve

Cover the molded meal with a suitable heatproof cover and reheat to >70°C using one of the following methods:

- Combination steam oven
- Burlodge style retherm system
- Bain marie under counter hot box
- Microwave (low power setting).

Delicious Pork Stroganoff



Serving Suggestion

Servings:

8 (100g)

Mold Type:

Pork Chop



Ingredients List

2 tablespoons vegetable oil

100g sliced onions

100g diced carrots

1 teaspoon garlic puree

300g diced pork

1 teaspoon sage (dried)

800mL chicken or
vegetable stock

80g thinly sliced
mushrooms

100mL cooking cream

Mixed seasoning to taste

60g SUSTAGEN® Hospital
Formula Active Neutral Flavour

RESOURCE® THICKENUP® Clear*

***Please note:** The exact amount of RESOURCE® THICKENUP® Clear required in the recipes varies greatly, therefore add the powder slowly, 1 scoop at a time until correct consistency is achieved.

Nutrition Information

Nutrient	Per Serve
Energy	710kJ
Protein	11.5g
Total Fat	10.7g
Carbohydrate	7.3g
Dietary Fibre	1g
Sodium	405mg

Method

1. Heat the oil in a saucepan, gently sweat the onions, carrots and garlic, and cook for a couple of minutes.
2. Add the pork and sage, stir in well, and cook for a further 10 minutes.
3. Add the stock and stir in well to allow even distribution. Cover the pan with a lid and simmer for 1 hour, stirring occasionally.
4. Add the mushrooms, simmer for a further 25 minutes or until all the ingredients are tender. Leave uncovered and allow the cooking liquid to reduce by two thirds.
5. Add the cream and season to taste.
6. Remove from the heat.
7. Allow to cool slightly, decant meal into blender and blend completely to a smooth puree that is smooth and lump free.
8. Add SUSTAGEN® Hospital Formula Active Neutral Flavour and blend until well combined.
9. Slowly add RESOURCE® THICKENUP® Clear 1 scoop at a time, mixing between scoops so as not to over thicken the mixture. Blend in thoroughly until the mixture reaches a firm consistency that will hold on a spoon when inverted or retain its texture when forked.

Molding

Once the mixture has reached the correct consistency, spread the mixture into the food mold. When the cavities have been filled, cover with the mold lid, then place in the freezer.

Heat & Serve

Once frozen, take the mold tray out of the freezer. Turn the mold tray over and apply gentle pressure to release the frozen food from the mold. Place the frozen food directly onto a plate and allow it to thaw in the fridge. Prior to heating, cover the plated food appropriately to prevent the molded food from drying out e.g. insulated plate cover, heatproof polycarbonate lid. Reheat the molded food on a plate to the desired temperature via a Burlodge style retherm system, a bain marie under counter hot box or a combination oven. Serve.

Hearty Irish Stew



Serving Suggestion

Servings:

8 (100g)

Mold Type:

Sliced Meat



Ingredients List

2 tablespoons vegetable oil

100g diced onions

200g diced vegetables
(carrots and swede)

300g diced lamb

800mL beef or lamb stock

150g diced potatoes

70g diced fresh leeks

70g shredded green cabbage

50g fresh parsley

Mixed seasoning to taste

60g SUSTAGEN® Hospital
Formula Active Neutral Flavour

RESOURCE® THICKENUP® Clear*

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Nutrition Information

Nutrient	Per Serve
Energy	712kJ
Protein	12g
Total Fat	8.9g
Carbohydrate	10.6g
Dietary Fibre	2.2g
Sodium	410mg

Method

1. Heat the oil in a large saucepan, add the onions and cook for a couple of minutes.
2. Add the mixed vegetables, stir in well and cook for a further 10 minutes.
3. Add the lamb and sear with the onions and vegetables.
4. Add the stock, stirring continuously.
5. Bring to the boil, then reduce to a simmer and cook for approximately 1 hour.
6. Add the potatoes, leeks, cabbage and parsley. Cook for a further 30 minutes until all the ingredients are tender.
7. Remove from the heat and season to taste.
8. Allow to cool slightly, decant meal into blender and blend completely to a puree that is smooth and lump free.
9. Add SUSTAGEN® Hospital Formula Active Neutral Flavour and blend until well combined.
10. Slowly add RESOURCE® THICKENUP® Clear 1 scoop at a time, mixing between scoops so as not to over thicken the mixture. Blend in thoroughly until the mixture reaches a firm consistency that will hold on a spoon when inverted or retain its texture when forked.

Molding

Once the mixture has reached the correct consistency, spread the mixture into the food mold. When the cavities have been filled, cover with the mold lid, then place in the freezer.

Heat & Serve

Once frozen, take the mold tray out of the freezer. Turn the mold tray over and apply gentle pressure to release the frozen food from the mold. Place the frozen food directly onto a plate and allow it to thaw in the fridge. Prior to heating, cover the plated food appropriately to prevent the molded food from drying out e.g. insulated plate cover, heatproof polycarbonate lid. Reheat the molded food on a plate to the desired temperature via a Burlodge style retherm system, a bain marie under counter hot box or a combination oven. Serve.

Mild Chicken Curry



Serving Suggestion

Servings:

8 (80g)

Mold Type:

Chicken



Ingredients List

2 tablespoons vegetable oil

50g diced onions

1 teaspoon garlic puree

300g diced chicken breast

1 tablespoon curry powder

300mL chicken stock

100mL coconut milk

400g tinned chopped tomatoes

150g diced potatoes

1 tablespoon tomato paste

Mixed seasoning to taste

60g SUSTAGEN® Hospital Formula Active Neutral Flavour

RESOURCE® THICKENUP® Clear*

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Nutrition Information

Nutrient	Per Serve
Energy	635kJ
Protein	11.3g
Total Fat	7.5g
Carbohydrate	9.6g
Dietary Fibre	1.3g
Sodium	70mg

Method

1. Heat the oil in a saucepan, gently sweat the onions and garlic, and cook for a couple of minutes.
2. Increase the heat and add the chicken. Stir in until the flesh starts to firm up and cook.
3. Add the curry powder, stir in and cook for a further 5 minutes.
4. Add the chicken stock, coconut milk and tomatoes, simmer for 30-40 minutes.
5. Add the potatoes and tomato paste, bring to the boil and reduce the sauce whilst stirring constantly. Ensure that the ingredients do not stick to the base of the pan.
6. Remove from the heat and season to taste.
7. Allow to cool slightly, decant meal into blender and blend completely to a puree that is smooth and lump free.
8. Add SUSTAGEN® Hospital Formula Active Neutral Flavour and blend until well combined.
9. Slowly add RESOURCE® THICKENUP® Clear 1 scoop at a time, mixing between scoops so as not to over thicken the mixture. Blend in thoroughly until the mixture reaches a firm consistency that will hold on a spoon when inverted or retain its texture when forked.
10. Serve with pureed rice, piped onto the plate.

Molding

Once the mixture has reached the correct consistency, spread the mixture into the food mold. When the cavities have been filled, cover with the mold lid, then place in the freezer.

Heat & Serve

Once frozen, take the mold tray out of the freezer. Turn the mold tray over and apply gentle pressure to release the frozen food from the mold. Place the frozen food directly onto a plate and allow it to thaw in the fridge. Prior to heating, cover the plated food appropriately to prevent the molded food from drying out e.g. insulated plate cover, heatproof polycarbonate lid. Reheat the molded food on a plate to the desired temperature via a Burlodge style retherm system, a bain marie under counter hot box or a combination oven. Serve.

Nutritious Pureed Food Recipes

Seasoned Chicken & Vegetable Casserole



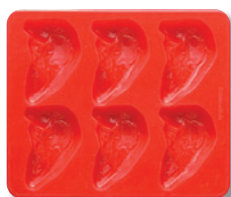
Serving Suggestion

Servings:

8 (80g)

Mold Type:

Chicken



Ingredients List

2 tablespoons vegetable oil

50g diced onions

150g diced vegetables
(carrot and swede)

350g diced chicken

1 teaspoon tarragon (dried)

500mL chicken stock

100g diced potatoes

1 tablespoon tomato paste

Mixed seasoning to taste

60g SUSTAGEN® Hospital
Formula Active Neutral Flavour

RESOURCE® THICKENUP® Clear*

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Nutrition Information

Nutrient	Per Serve
Energy	565kJ
Protein	12.4g
Total Fat	5.8g
Carbohydrate	8.3g
Dietary Fibre	1g
Sodium	296mg

Method

1. Heat the oil in a saucepan, add onions and mixed vegetables and cook for 5 minutes.
2. Increase the heat and add the chicken and tarragon, stir in until the flesh starts to firm up and cook.
3. Add the chicken stock, potatoes and tomato paste, bring to the boil then reduce the heat to a simmer. Cook for 30-40 minutes until all the ingredients are soft.
4. Reduce the sauce whilst stirring constantly. Ensure that the ingredients do not stick to the base of the pan. If the sauce becomes too thick, add a little hot chicken stock before blending.
5. Remove from the heat and season to taste.
6. Allow to cool slightly, decant meal into blender and blend completely to a puree that is smooth and lump free.
7. Add SUSTAGEN® Hospital Formula Active Neutral Flavour and blend until well combined.
8. Slowly add RESOURCE® THICKENUP® Clear 1 scoop at a time, mixing between scoops so as not to over thicken the mixture. Blend in thoroughly until the mixture reaches a firm consistency that will hold on a spoon when inverted or retain its texture when forked.

Molding

Once the mixture has reached the correct consistency, spread the mixture into the food mold. When the cavities have been filled, cover with the mold lid, then place in the freezer.

Heat & Serve

Once frozen, take the mold tray out of the freezer. Turn the mold tray over and apply gentle pressure to release the frozen food from the mold. Place the frozen food directly onto a plate and allow it to thaw in the fridge. Prior to heating, cover the plated food appropriately to prevent the molded food from drying out e.g. insulated plate cover, heatproof polycarbonate lid. Reheat the molded food on a plate to the desired temperature via a Burlodge style retherm system, a bain marie under counter hot box or a combination oven. Serve.

Wholesome Fish Fillet



Serving Suggestion

Servings:

12 (75g)

Mold Type:

Fish Fillet



Ingredients List

800g fish / hake

300mL reduced fat milk

2 teaspoons seafood stock powder

150g butter (unsalted)

Mixed seasoning to taste

60g SUSTAGEN® Hospital Formula Active Neutral Flavour

RESOURCE® THICKENUP® Clear*

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Method

1. Poach fish in milk and seafood stock powder.
2. Add fish and liquid into blender along with melted butter. Season and blend.
3. Add SUSTAGEN® Hospital Formula Active Neutral Flavour and blend until well combined.
4. Slowly add RESOURCE® THICKENUP® Clear 1 scoop at a time, mixing between scoops so as not to over thicken the mixture. Blend in thoroughly until the mixture reaches a firm consistency that will hold on a spoon when inverted or retain its texture when forked.
5. Serve with tasty white sauce.

Molding

Once the mixture has reached the correct consistency, spread the mixture into the food mold. When the cavities have been filled, cover with the mold lid, then place in the freezer.

Heat & Serve

Once frozen, take the mold tray out of the freezer. Turn the mold tray over and apply gentle pressure to release the frozen food from the mold. Place the frozen food directly onto a plate and allow it to thaw in the fridge. Prior to heating, cover the plated food appropriately to prevent the molded food from drying out e.g. insulated plate cover, heatproof polycarbonate lid. Reheat the molded food on a plate to the desired temperature via a Burlodge style retherm system, a bain marie under counter hot box or a combination oven. Serve.

Nutrition Information

Nutrient	Per Serve
Energy	628kJ
Protein	13.5g
Total Fat	7.4g
Carbohydrate	4.9g
Dietary Fibre	0g
Sodium	232mg

Juicy Pumpkin



Serving Suggestion

Servings:

24 (45g)

Mold Type:

Pumpkin



Ingredients List

960g pumpkin

20g butter (unsalted)

60g SUSTAGEN® Hospital
Formula Active Neutral Flavour

RESOURCE® THICKENUP® Clear*

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Method

1. Peel and wash pumpkin.
2. Steam pumpkin until just tender.
3. Puree pumpkin and melted butter.
4. Add SUSTAGEN® Hospital Formula Active Neutral Flavour and blend until well combined.
5. Slowly add RESOURCE® THICKENUP® Clear 1 scoop at a time, mixing between scoops so as not to over thicken the mixture. Blend in thoroughly until the mixture reaches a firm consistency that will hold on a spoon when inverted or retain its texture when forked.

Molding

Once the mixture has reached the correct consistency, spread the mixture into the food mold. When the cavities have been filled, cover with the mold lid, then place in the freezer.

Heat & Serve

Once frozen, take the mold tray out of the freezer. Turn the mold tray over and apply gentle pressure to release the frozen food from the mold. Place the frozen food directly onto a plate and allow it to thaw in the fridge. Prior to heating, cover the plated food appropriately to prevent the molded food from drying out e.g. insulated plate cover, heatproof polycarbonate lid. Reheat the molded food on a plate to the desired temperature via a Burlodge style retherm system, a bain marie under counter hot box or a combination oven. Serve.

Nutrition Information

Nutrient	Per Serve
Energy	140kJ
Protein	1.2g
Total Fat	0.8g
Carbohydrate	5.2g
Dietary Fibre	1.2g
Sodium	10mg

Flavoursome Peas



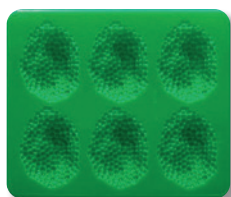
Serving Suggestion

Servings:

18 (50g)

Mold Type:

Peas



Ingredients List

1kg frozen peas

20g butter (unsalted)

60g SUSTAGEN® Hospital
Formula Active Neutral Flavour

RESOURCE® THICKENUP® Clear*

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Method

1. Blanch the frozen peas in hot water to defrost.
2. Puree peas well to ensure no skins present in final puree.
3. Puree peas with melted butter.
4. Add SUSTAGEN® Hospital Formula Active Neutral Flavour and blend until well combined.
5. Slowly add RESOURCE® THICKENUP® Clear 1 scoop at a time, mixing between scoops so as not to over thicken the mixture. Blend in thoroughly until the mixture reaches a firm consistency that will hold on a spoon when inverted or retain its texture when forked.

Molding

Once the mixture has reached the correct consistency, spread the mixture into the food mold. When the cavities have been filled, cover with the mold lid, then place in the freezer.

Heat & Serve

Once frozen, take the mold tray out of the freezer. Turn the mold tray over and apply gentle pressure to release the frozen food from the mold. Place the frozen food directly onto a plate and allow it to thaw in the fridge. Prior to heating, cover the plated food appropriately to prevent the molded food from drying out e.g. insulated plate cover, heatproof polycarbonate lid. Reheat the molded food on a plate to the desired temperature via a Burlodge style retherm system, a bain marie under counter hot box or a combination oven. Serve.

Nutrition Information

Nutrient	Per Serve
Energy	206kJ
Protein	4.1g
Total Fat	1.2g
Carbohydrate	5.6g
Dietary Fibre	4.2g
Sodium	14mg

Nutritious Broccoli



Serving Suggestion

Servings:

24 (45g)

Mold Type:

Broccoli



Ingredients List

960g broccoli

30g butter (unsalted)

60g SUSTAGEN® Hospital
Formula Active Neutral Flavour

RESOURCE® THICKENUP® Clear*

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Method

1. Wash and prepare broccoli, cutting off stems and using predominately broccoli florets.
2. Steam until just tender.
3. Puree broccoli and melted butter.
4. Add SUSTAGEN® Hospital Formula Active Neutral Flavour and blend until well combined.
5. Slowly add RESOURCE® THICKENUP® Clear 1 scoop at a time, mixing between scoops so as not to over thicken the mixture. Blend in thoroughly until the mixture reaches a firm consistency that will hold on a spoon when inverted or retain its texture when forked.

Molding

Once the mixture has reached the correct consistency, spread the mixture into the food mold. When the cavities have been filled, cover with the mold lid, then place in the freezer.

Heat & Serve

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Nutrition Information

Nutrient	Per Serve
Energy	128kJ
Protein	2.9g
Total Fat	1.2g
Carbohydrate	1.8g
Dietary Fibre	1.9g
Sodium	23mg

Tasty Baby Carrots



Serving Suggestion

Servings:

18 (45g)

Mold Type:

Baby Carrots



Ingredients List

1kg carrots

20g butter (unsalted)

60g SUSTAGEN® Hospital
Formula Active Neutral Flavour

RESOURCE® THICKENUP® Clear*

***Please note:** The exact amount of RESOURCE® THICKENUP® Clear required in the recipes varies greatly, therefore add the powder slowly, 1 scoop at a time until correct consistency is achieved.

Method

1. Peel and wash carrots.
2. Steam until just tender.
3. Puree carrots and melted butter.
4. Add SUSTAGEN® Hospital Formula Active Neutral Flavour and blend until well combined.
5. Slowly add RESOURCE® THICKENUP® Clear 1 scoop at a time, mixing between scoops so as not to over thicken the mixture. Blend in thoroughly until the mixture reaches a firm consistency that will hold on a spoon when inverted or retain its texture when forked.

Molding

Once the mixture has reached the correct consistency, spread the mixture into the food mold. When the cavities have been filled, cover with the mold lid, then place in the freezer.

Heat & Serve

Once frozen, take the mold tray out of the freezer. Turn the mold tray over and apply gentle pressure to release the frozen food from the mold. Place the frozen food directly onto a plate and allow it to thaw in the fridge. Prior to heating, cover the plated food appropriately to prevent the molded food from drying out e.g. insulated plate cover, heatproof polycarbonate lid. Reheat the molded food on a plate to the desired temperature via a Burlodge style retherm system, a bain marie under counter hot box or a combination oven. Serve.

Nutrition Information

Nutrient	Per Serve
Energy	147kJ
Protein	1.3g
Total Fat	1.0g
Carbohydrate	5.2g
Dietary Fibre	2.4g
Sodium	36mg

To order your food molds, please contact
info@pureefoodmolds.com or
visit www.pureefoodmolds.com

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RESOURCE® THICKENUP® Clear is a food for special medical purposes for the dietary management of people with swallowing difficulties. Must be used under medical supervision.

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