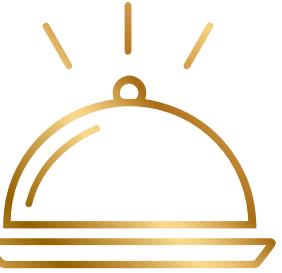


Festive MENUS

for adults with
**SWALLOWING
DIFFICULTIES
OR DYSPHAGIA**
and for the
whole family





These festive recipes have
been created with the desire
to make the holiday season
a time for all the family to
share and be together.

*Season's Greetings with all
good wishes for the New Year!*

Enjoy!

Festive MENUS



for adults with **SWALLOWING
DIFFICULTIES OR DYSPHAGIA**
and for the whole family

IN CASE OF FOOD ALLERGIES:
please check the ingredient labels
carefully and make sure the menu
does not contain allergens

Check
TEXTURE / VISCOSITY
before serving
and eating

If you have
DIETARY RESTRICTIONS,
please seek advice from a
healthcare professional



Festive MENUS



for adults with
**SWALLOWING
DIFFICULTIES
OR DYSPHAGIA**
and for the
whole family

Nestlé
HealthScience

Starters



Salmon Timbale

smoked salmon served on avocado mousse
and orange vinaigrette



Prawn Delight

grilled prawns served with infused oil
and quail egg yolk emulsion



Boletaire Soup

forest mushroom soup served
with spring garlic and truffle



Main Course



Lamb Geschnetzeltes

mushrooms and chives
on baked potatoes



Orange Glazed Turkey

served with prunes
on vegetables



Teriyaki Grilled Seitan

with parsnips, sweet potatoes
on edamame hummus bed



Dessert



Chocolate Mousse

with whipped cream
and chocolate ganache



Crème Brûlée

topped with caramelized
winter apple

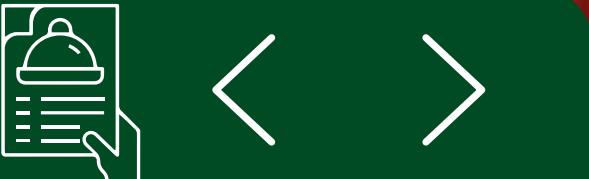


Spicy Pears

on rum reduction mousse



Drinks



Salmon Timbale

smoked salmon served
on avocado mousse
and orange vinaigrette

IDDSI LEVEL ?
4 Pureed Food

DIFFICULTY LEVEL
EASY

PREPARATION TIME
35 MIN.

SERVINGS PER RECIPE
4

TIPS OF THE CHEF +

PRESENTATION +

 Nestlé
HealthScience



INGREDIENTS

Salmon

- 250g smoked salmon
- 20g fresh ginger
- 75ml lemon (2 lemons)
- 15ml water
- 1 scoop ThickUp® Clear

Avocado Mousse

- 10g fresh garlic
- 50ml Champagne / Cava
- Lime zest
- 150g organic avocados
- 5ml olive oil
- 100g Greek yogurt
- 1 scoop ThickUp® Clear

Vinaigrette

- 100ml freshly pressed orange juice
- 25ml olive oil
- A pinch of salt
- 2 scoops ThickUp® Clear

PREPARATION

Salmon

1. Check the salmon thoroughly to remove any bones.
2. Cut into 4mm pieces. Marinate the salmon in the lemon juice and the sliced ginger for 20 min. Keep in the fridge.
3. Remove the ginger slices, squeeze the lemon and blend 1 (serving) portion of the salmon with a small part of the lemon juice and 15ml of water.
4. Check the texture and stir in 1 scoop of ThickUp® Clear.

Avocado Mousse

5. Chop the garlic and sauté* in the pan with the lime zest in olive oil until tender.
6. Add the champagne and reduce for 5 min. until the alcohol evaporates. Remove from heat.
7. Mix the garlic, avocado, yogurt, lime zest and the Greek yogurt.
8. Separate a serving portion and blend together with the olive oil and 1 scoop of ThickUp® Clear. Add a little water if needed and blend until the mix is smooth and safe.

Vinaigrette

9. Emulsify the freshly pressed orange juice, olive oil, the salt and the ThickUp® Clear.

Salmon Timbale

smoked salmon served
on avocado mousse
and orange vinaigrette



IDDSI LEVEL ?
4 Pureed Food



DIFFICULTY LEVEL
EASY



PREPARATION TIME
35 MIN.



SERVINGS PER RECIPE
4

TIPS OF THE CHEF +

PRESENTATION +

Nestlé
HealthScience



Arrange the plate with the
non-textured option
for the rest of the family in
two layers and decorate
with the vinaigrette

With a **spoon**, alternate the
salmon and the avocado

in tiers forming a flower from the
edges to the inside of the plate
and decorate with the vinaigrette



Salmon Timbale

smoked salmon served
on avocado mousse
and orange vinaigrette



IDDSI LEVEL
4 Pureed Food



DIFFICULTY LEVEL
EASY



PREPARATION
TIME
35 MIN.



SERVINGS
PER RECIPE
4

TIPS OF THE CHEF

PRESENTATION

Nestle
HealthScience



For a spicier version,
don't remove all the
ginger and blend with
the salmon

**In case of lactose
intolerance**, use
coconut milk instead
of Greek yogurt



Prawn Delight

grilled prawns served with infused oil and quail egg yolk emulsion



TIPS OF THE CHEF +

PRESENTATION +



INGREDIENTS

PRAWNS

- 250g whole uncooked prawns (fresh or frozen)
- 125ml white wine
- 1 scoop ThickUp® Clear
- Olive oil

REDUCTION

- 4 quail egg yolks
- 7ml olive oil
- A pinch of salt
- 1/2 scoop ThickUp® Clear

PREPARATION

PRAWNS

1. Clean the prawns. Peel the prawns, remove their heads and tails and clean them by removing the black thread from their column. Preserve the heads.
2. In a frying pan lightly sauté the prawns with olive oil until they whiten. Let cool and cut into 3-4mm pieces. Keep to one side.

REDUCTION

3. On medium heat, in a frying pan, sauté the prawns heads with olive oil, while pressing to extract the juices. Allow to concentrate for 2-3 min. until dark. Remove heads.
4. Add the white wine, let it reduce at medium-low heat for 2 min. Remove from heat.
5. In a blender, blend the broth with 1 scoop of ThickUp® Clear.
6. Add the chopped prawns. Stir.

QUAIL YOLK EMULSION

7. With a fork in a medium-size container, stir/emulsify 1 quail egg yolk with half of the olive oil, a pinch of salt and 1/2 scoop of ThickUp® Clear.

Prawn Delight

grilled prawns served with infused oil and quail egg yolk emulsion



IDDSI LEVEL ?
5 Minced & Moist



DIFFICULTY LEVEL
EASY



PREPARATION TIME
25 MIN.



SERVINGS PER RECIPE
4

TIPS OF THE CHEF +

PRESENTATION +

Nestle
HealthScience



Flatten the prawns lightly, and shape from outer edge inwards

Top the timbales of prawns with the **quail yolk emulsion** and decorate with a few **drops of olive oil** and a few **strips of chives**



VARIATION: Arrange the dish with the fresh yolk without emulsifying for the rest of the family

Prawn Delight

grilled prawns served with infused oil and quail egg yolk emulsion



IDDSI LEVEL
5 **Minced & Moist**



DIFFICULTY LEVEL
EASY



PREPARATION TIME
25 MIN.



SERVINGS PER RECIPE
4

TIPS OF THE CHEF

PRESENTATION

Nestlé
HealthScience



Use shelled prawns instead and replace the prawn heads concentrate with **sautéed garlic**



Boletaire Soup

forest mushroom soup
served with tender garlic
and truffle emulsion



TIPS OF THE CHEF +

PRESENTATION +

Nestlé
HealthScience



INGREDIENTS

BLACK TRUFFLE EMULSION

- 30ml olive oil
- 10-15g truffles, or a truffle paste
- A pinch of salt
- 1 scoop ThickUp® Clear
- 50ml water

SOUP

- 30ml olive oil
- 200g garlic
- 450g mushrooms
- 400ml coconut milk
- 75ml water
- 1 scoop ThickUp® Clear

PRESENTATION

- Coconut milk
- Olive oil
- Thyme

PREPARATION

BLACK TRUFFLE EMULSION

1. In a bowl, blend the truffles adding the water slowly until the texture is smooth.
2. Add the oil and salt, and mix for 30 sec.
3. Add the ThickUp® Clear and mix between 10 and 15 sec. until there are no lumps and the texture is smooth and safe.

SOUP

4. Cut the garlic into very thin slices and sauté in a saucepan with olive oil over medium heat until slightly golden for 4-5 min.
5. Add the washed mushrooms cut into medium pieces and sauté for 3-4 min.
6. Add the evaporated milk and cook with the lid on for 5 min.
7. Add the water and cook for 15 min over medium/low heat, with the lid on.
8. Blend the whole mix.
9. Separate a portion and blend together with 1 scoop of ThickUp® Clear until the mix is smooth and safe.

Boletaire Soup

forest mushroom soup
served with tender garlic
and truffle emulsion

IDDSI LEVEL ? | **4** Pureed Food | DIFFICULTY LEVEL **EASY**

PREPARATION TIME **30 MIN.** | SERVINGS PER RECIPE **4**

TIPS OF THE CHEF +

PRESENTATION +

 **Nestlé**
HealthScience



Put the **mushroom soup**
into a bowl

Decorate with the **truffle**
emulsion (optional:
coconut milk and olive oil)

Top with **thyme** ✓



Boletaire Soup

forest mushroom soup
served with tender garlic
and truffle emulsion

IDDSI LEVEL ? |  DIFFICULTY LEVEL
4 Pureed Food | **EASY**

 PREPARATION TIME
30 MIN. |  SERVINGS PER RECIPE
4

TIPS OF THE CHEF 

PRESENTATION 

 Nestlé
HealthScience



 This soup can be made with
any sort of **common or wild
edible mushrooms.**
Use local or seasonal
produce for a great taste

 Truffle emulsion can
be made with any
store-bought **truffle oil**
or **truffle sauce** as a base



Lamb Geschnetzeltes

mushrooms and chives
on baked potatoes

IDDSI LEVEL  4 Pureed Food | DIFFICULTY LEVEL MODERATE

PREPARATION TIME 110 MIN. | SERVINGS PER RECIPE 4

TIPS OF THE CHEF 

PRESENTATION 

 Nestlé
HealthScience



INGREDIENTS

LAMB

- 600g leg of lamb
- 175g chives or shallots
- 200 assorted mushrooms
- 15g garlic
- 350ml water
- 1 sprig rosemary
- 4 bay leaves
- A pinch of salt
- ThickenUp® Clear

GARNISH

- 300g potatoes
- 150g red onions
- Olive oil
- ThickenUp® Clear

PREPARATION

LAMB

1. Rub olive oil all over the meat, season with salt and pepper and with the bay leaves and rosemary.
2. Place the leg of lamb on a baking tray on top on top of the minced garlic, minced garlic, halved shallots, 100ml of water, salt and pepper. Cover the tray with aluminum foil.
3. Bake at 180°C for 60 min.
4. Remove the aluminum foil. Let it cool slightly and remove the bone from the meat.
5. Add 200ml of water. Cover with chopped mushrooms and cook in the oven again for 25-30 min at 190-200°C. Cook without the aluminum foil.
6. Separate a serving portion to texturize: Blend with 1 scoop of ThickenUp® Clear until there are no lumps and the texture is smooth and safe.

GARNISH

7. Peel and chop the potatoes and onions into 3mm x 4mm pieces.
8. Place on a tray, season and mix well with the olive oil and rosemary.
9. Cook in the oven for 30min until they are tender, taking advantage of the 190-200°C hot oven.
10. Separate a serving portion and blend with 1 scoop of ThickenUp® Clear. Add a little water if needed and blend until the mix is smooth and safe.

GRAVY SAUCE

1. Recover part of the juices from the lamb tray, place in a blender, add 1 scoop of ThickenUp® Clear and emulsify until the desired texture is achieved.

Lamb Geschnetzeltes

mushrooms and chives
on baked potatoes

IDDSI LEVEL ?
4 Pureed Food

PREPARATION
TIME
110 MIN.

SERVINGS
PER RECIPE
4

TIPS OF THE CHEF +

PRESENTATION +

 Nestlé
HealthScience



Dish-up the
non-texturized option
for the rest of the family

Place a portion of the lamb preparation,
accompany with the potato preparation,
add the textured gravy sauce,
and decorate with a **sprig of rosemary**

Lamb Geschnetzeltes

mushrooms and chives
on baked potatoes

IDDSI LEVEL ?
4 Pureed Food

DIFFICULTY LEVEL
MODERATE

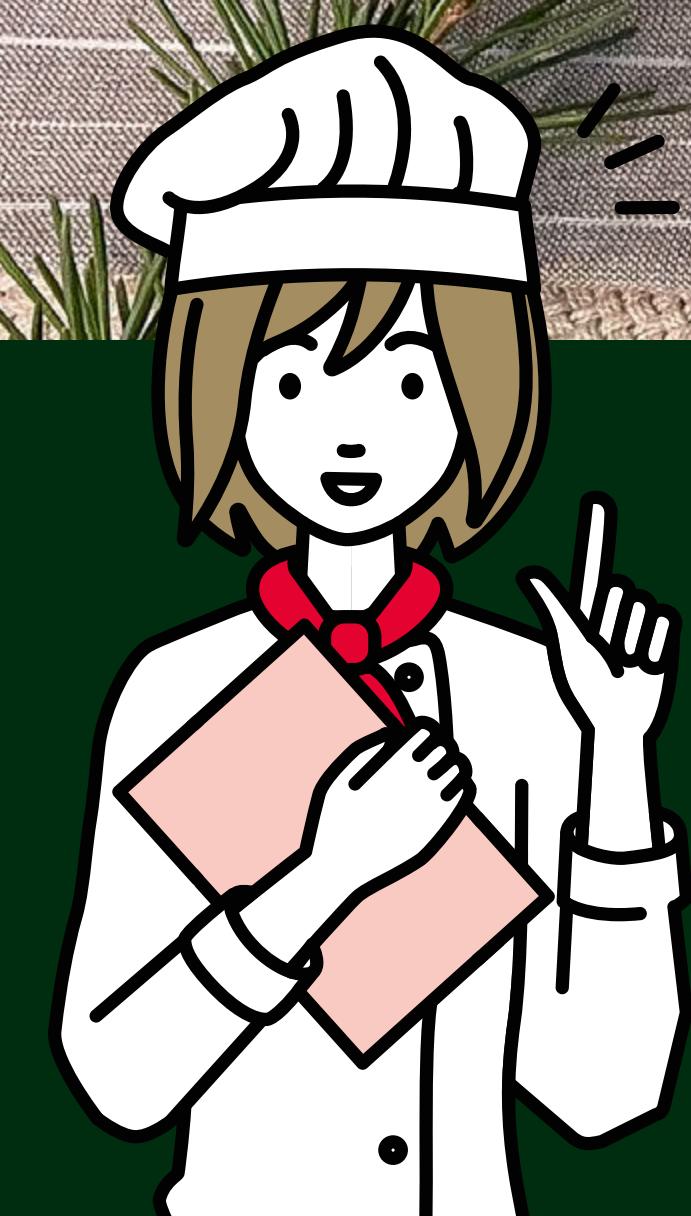
PREPARATION TIME
110 MIN.

SERVINGS PER RECIPE
4

TIPS OF THE CHEF +

PRESENTATION +

 **Nestlé**
HealthScience



 Use **brandy instead of water**
for a tastier experience



Orange Glazed Turkey

served with prunes on vegetables



PREPARATION TIME 55 MIN. | SERVINGS PER RECIPE 4

TIPS OF THE CHEF +

PRESENTATION +

Nestlé
HealthScience



INGREDIENTS

TURKEY

- 35ml olive oil
- 200g sweet onion
- 20g garlic
- 500g skinless turkey thighs, filleted without bone
- 6 bay leaves
- 250ml white wine
- 125g prunes (dried)
- 300ml orange juice (3 oranges)
- seasoning
- 150ml water
- 10g brown sugar
- ThickenUp® Clear

VEGETABLES

- 100g carrots
- 300g potatoes
- 150g onions
- 20g butter
- A pinch of salt and pepper

PREPARATION

TURKEY

1. In a pressure cooker (standard saucepan, or slow cooker), sauté the chopped onions with the olive oil.
2. Once golden, add the garlic and turkey thighs until they are golden.
3. Add the bay leaves, the white wine, the prunes and the orange juice.
4. Season with salt and pepper. Cook for 5 min. over medium heat.
5. Add water and cover the pressure cooker with the lid.
6. Cook for 30 min counting from the moment the pressure cooker starts to release steam, regulating the heat so that the pressure is not excessive.

7. If you don't have a pressure cooker: cover with the lid and cook for 60-70 min, over low-medium heat, stirring and adding water if necessary.
8. Prune sauce: When cooked, remove the prunes, and blend them together with 1 scoop of ThickenUp® Clear until the mixture is smooth and without lumps.
9. Turkey: In a frying pan, heat the brown sugar until it begins to caramelize. Add the previously drained pieces of meat to the pot (with a slotted spoon) and sauté for 3 min. Then add the rest of the preparation.
10. Separate a portion to texturize: Blend with 1 scoop of ThickenUp® Clear until there are no lumps and the texture is smooth and safe.

VEGETABLES

11. Peel and slice the carrots, potatoes and onions.
12. Place them on a tray and season and mix well with the butter.
13. Cook in the oven for 30-40 min at 190-200°C until they are tender and juicy.
14. Separate a portion and blend together with 1 scoop of ThickenUp® Clear until the mixture is smooth and safe.

Orange Glazed Turkey

served with prunes
on vegetables

IDDSI LEVEL ?
4 Pureed Food

PREPARATION TIME
55 MIN.

SERVINGS PER RECIPE
4

TIPS OF THE CHEF +

PRESENTATION +

 Nestlé
HealthScience



Use a pastry bag to
arrange the turkey
preparation and decorate
with the **prune sauce**

With a second pastry bag, make
spiral shapes with the vegetables
mix on the side of the turkey

Decorate with
thyme

Orange Glazed Turkey

served with prunes
on vegetables

IDDSI LEVEL ?
4 Pureed Food

PREPARATION TIME
55 MIN.

SERVINGS PER RECIPE
4

TIPS OF THE CHEF +

PRESENTATION +

 Nestle
HealthScience



 Prunes can be substituted
by **raisins** or **green apples**
for a tangy flavour



Teriyaki Grilled Seitan

with parsnips, sweet potatoes on edamame hummus bed



IDDSI LEVEL
4 Pureed Food



DIFFICULTY LEVEL
EASY



PREPARATION TIME
35 MIN.



SERVINGS PER RECIPE
4

TIPS OF THE CHEF +

PRESENTATION +

Nestlé
HealthScience



INGREDIENTS

HUMMUS

- 150g edamame beans
- 20ml lime juice
- 15ml olive oil
- 25g Tahini
- 2-3 leaves coriander
- 50ml hot water
- 2 scoops ThickUp® Clear
- A pinch of salt

TERIYAKI SAUCE

- 200ml orange juice
- 150ml soy sauce
- 35ml rice vinegar
- 3 scoops ThickUp® Clear

VEGETABLES

- 175g parsnips
- 300g sweet potatoes
- 40ml olive oil

SEITAN 225g

PREPARATION

HUMMUS

1. Boil the edamame beans for 15 -20 min until the beans are really soft.
2. Strain the beans and blend them with the lime juice, a pinch of salt, the olive oil, the Tahini sauce and the coriander until obtaining a homogeneous texture without lumps.
3. Gradually add hot water to the mix and blend to achieve a better texture.
4. Blend with 2 scoops of ThickUp® Clear until there are no lumps and the texture is smooth and safe.

TERIYAKI SAUCE

5. Make orange juice and strain the juice.
6. Off the heat, place the juice in a pot and add the soy sauce and the rice vinegar.
7. Warm over low heat without boiling for 3 min.
8. Blend with 3 scoops of ThickUp® Clear until there are no lumps and the texture is smooth and safe.

VEGETABLES

9. Peel and cut the parsnips and the sweet potatoes into 3x4mm pieces.
10. Place on an oven tray and mix well with the olive oil. Season with salt and pepper and bake for 20 min. at 190°C.

SEITAN

11. Cut the seitan into 4x4 mm pieces and cook them in the frying pan with a dash of oil according to the manufacturer's instructions. Put to one side.
12. Place the Teriyaki sauce in the pan and when it is hot, add the pieces of seitan and sauté for 5 min. Remove from the heat.
13. Separate a serving and blend together with 1 scoop of ThickUp® Clear until there are no lumps and the texture is smooth and safe.

Teriyaki Grilled Seitan

with parsnips, sweet potatoes on edamame hummus bed

IDDSI LEVEL ? | **4** Pureed Food | DIFFICULTY LEVEL **EASY**

PREPARATION TIME **35 MIN.** | SERVINGS PER RECIPE **4**

TIPS OF THE CHEF +

PRESENTATION +

 **Nestle**
HealthScience



On the plate, arrange the **hummus as the first tier**

On top of the first tier, place a layer of the **vegetables pressing lightly to flatten**. Use a pastry bag for textured seitan and add a layer on the top of the vegetables. **Garnish with orange or lime peel sticks**

Teriyaki Grilled Seitan

with parsnips, sweet potatoes on edamame hummus bed



IDDSI LEVEL ?
4 Pureed Food



DIFFICULTY LEVEL
EASY



PREPARATION TIME
35 MIN.

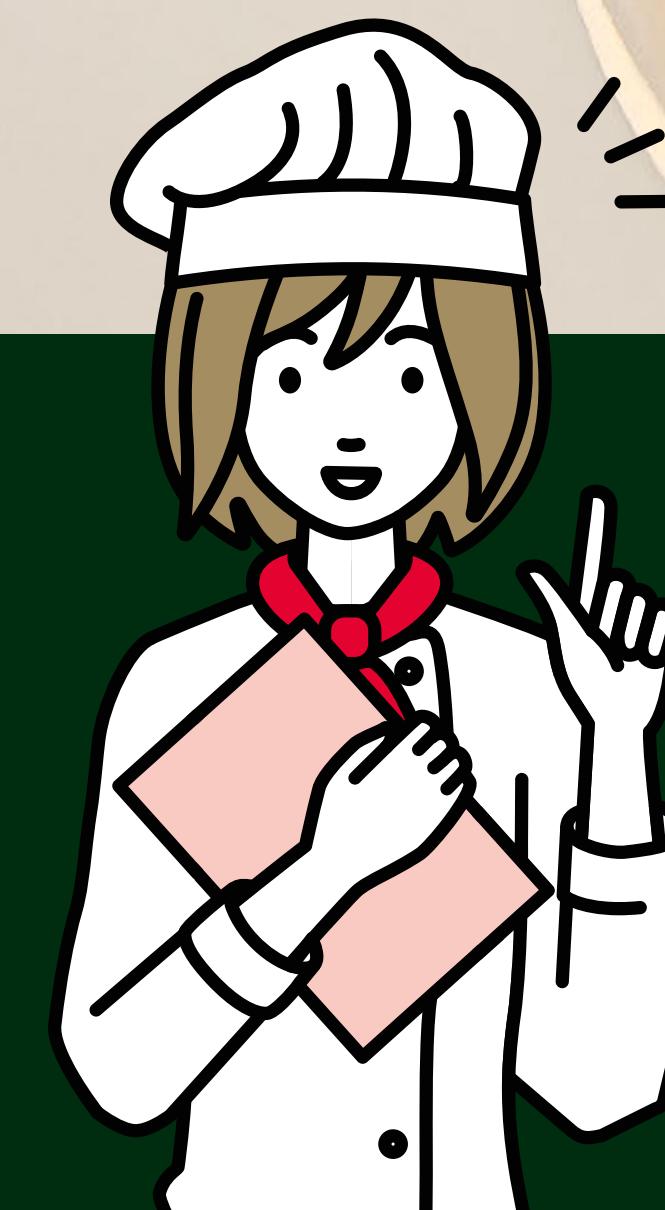


SERVINGS PER RECIPE
4

TIPS OF THE CHEF +

PRESENTATION +

Nestle
HealthScience



For a **gluten-free alternative**, substitute the seitan for plain tofu



You can use **store-bought Teriyaki sauce**. Remember to **texturize with ThickUp® Clear** to make it safe



Chocolate Mousse

with whipped cream
and chocolate ganache

IDDSI LEVEL ?
4 Pureed Food | DIFFICULTY LEVEL
MODERATE

PREPARATION TIME
30 MIN. | SERVINGS PER RECIPE
4

TIPS OF THE CHEF +

PRESENTATION +

 Nestlé
HealthScience



INGREDIENTS

MOUSSE

- 100ml whipping cream 35%
- 100g dark chocolate 85%
- 15g cocoa powder
- 40g butter
- 3 big eggs
- 20g brown sugar
- 4 scoops ThickUp® Clear

WHIPPED CREAM

- 150ml whipping cream 35%
- 20g brown sugar
- 1 scoop ThickUp® Clear

GANACHE

- 25g chocolate 85%
- 50ml cream 35%

DECORATION

- Cocoa powder

PREPARATION

MOUSSE

1. Whip the cream with the mixer until it achieves a firm texture. Keep in the fridge.
2. Melt the chocolate in a bain-marie with the butter and the sifted cocoa powder. Once melted, remove from heat, allow to cool down and keep at room temperature.
3. Separate the yolks from the egg whites.
4. Add the 3 yolks to the chocolate, butter and cocoa powder and mix.

5. Beat the egg whites with the brown sugar and 4 scoops of ThickUp® Clear until the mix is firm and stiff. Put to one side.
6. Add the egg whites and the whipped cream to the chocolate mixture, alternating the additions to keep a smooth and voluminous mixture.
7. Place directly in the final serving dishes/bowls. Cool in the fridge.

WHIPPED CREAM

8. Whip the cream, the brown sugar and 1 scoop of ThickUp® Clear. Beat the ingredients until the mixture is consistent. Once the desired consistency is achieved, stop whisking. Cool in the fridge.

GANACHE

9. Melt the chocolate and the cream together in a bain-marie
10. Remove from the bain-marie once they are integrated. Keep at room temperature.

Chocolate Mousse

with whipped cream
and chocolate ganache

IDDSI LEVEL ?
4 Pureed Food

DIFFICULTY LEVEL
Moderate

PREPARATION TIME
30 MIN.

SERVINGS PER RECIPE
4

TIPS OF THE CHEF +

PRESENTATION +

 Nestlé
HealthScience



1. Prepare just before serving.
2. Remove the set mousse from the fridge.
3. Cover with a layer of the warm ganache, heat slightly in the microwave if necessary.
4. Decorate with the cream previously placed in a pastry bag.
5. Sprinkle with **cocoa powder**.

This option can be served for the whole family



Chocolate Mousse

with whipped cream
and chocolate ganache

IDDSI LEVEL ?
4 Pureed Food

DIFFICULTY LEVEL
MODERATE

PREPARATION TIME
30 MIN.

SERVINGS PER RECIPE
4

TIPS OF THE CHEF +

PRESENTATION +

 Nestlé
HealthScience



Brown sugar can be replaced by
agave syrup or any sweetener



Crème Brûlée

topped with caramelized
winter apple



IDDSI LEVEL
4 Pureed
Food



DIFFICULTY
LEVEL
EASY



PREPARATION
TIME
35 MIN.



SERVINGS
PER RECIPE
4

TIPS OF THE CHEF

PRESENTATION

Nestle
HealthScience



INGREDIENTS

WINTER APPLES

- 2 apples
- 6 cloves
- 250ml red wine
- 10g brown sugar
- ThickenUp® Clear

CRÈME BRÛLÉE

- 400ml whole milk
- $\frac{1}{2}$ orange peel and $\frac{1}{2}$ lemon peel
- 1 vanilla pod
- 1 cinnamon stick.
- 50g brown sugar
- 3 egg yolks
- 20g corn starch
- 2 scoops ThickenUp® Clear

TOFFEE

- 15g brown sugar
- 5g butter

PREPARATION

WINTER APPLES

1. Peel the apples, remove seeds and dice into 8 pieces.
2. Cook them in a pot together with the cloves, the red wine and the brown sugar and simmer for 10 min. until the alcohol evaporates.
3. Off the heat, let them rest for 10 min. with the lid on.
4. Strain and keep the apples and the reduction separate.
5. In a frying pan, cover the base with the brown sugar and add the butter in pieces. Cook over medium heat until a toffee is obtained.
6. Add the apples and caramelize for 2 min. Put to one side.
7. Separate a portion to texturize: Blend with 1 scoop of ThickenUp® Clear until there are no lumps and the texture is smooth and safe.

CRÈME BRÛLÉE

8. Infuse the milk: Heat the milk, without boiling, together with the orange and lemon peel, the vanilla seeds and the cinnamon stick for 3 min. Turn off the heat and let it rest with the lid on for 20 min.
9. In a bowl, mix the brown sugar with the egg yolks. Add the refined corn starch and 3 scoops of ThickenUp® Clear.
10. Strain the infused milk, heat over medium-low heat and add the previous mixture of egg, sugar and corn starch.
11. Stir constantly until the mixture starts thickening.



Crème Brûlée

topped with caramelized
winter apple



IDDSI LEVEL
4 Pureed
Food



DIFFICULTY
LEVEL
EASY



PREPARATION
TIME
35 MIN.



SERVINGS
PER RECIPE
4

TIPS OF THE CHEF +

PRESENTATION +

 Nestlé
HealthScience



In an individual glass container,
place the **Crème Brûlée** as a base
and sprinkle with brown sugar

Add the preparation of
caramelized winter apples.
Garnish with a **mint leaf** ..



Present the **option of non-texturized** apples for the rest of the family

Crème Brûlée

topped with caramelized
winter apple



IDDSI LEVEL
4 Pureed Food



DIFFICULTY LEVEL
EASY



PREPARATION
TIME
35 MIN.

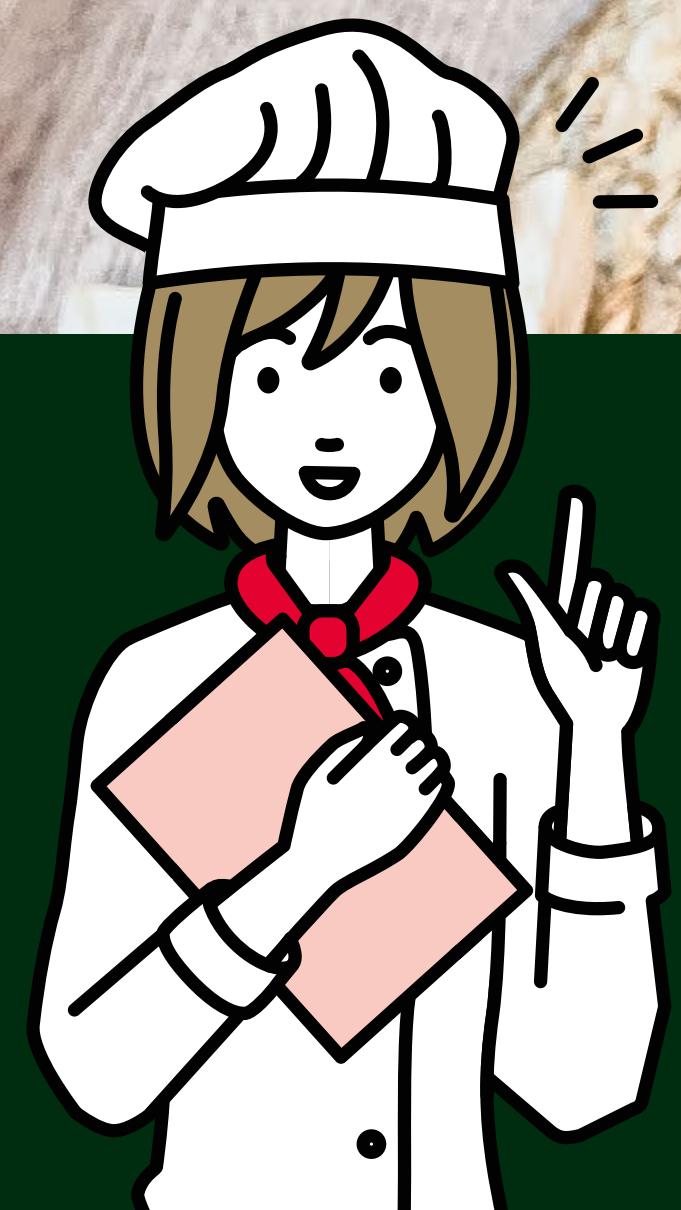


SERVINGS
PER RECIPE
4

TIPS OF THE CHEF

PRESENTATION

Nestlé
HealthScience



Alcohol-free option:
in a sealed container
cook the apples in
the microwave with
the sugar, cloves
and no wine



For the whole family:
Make a crunchy caramel
coat on top of the Crème
Brûlée by caramelizing a
thin layer of brown sugar
with a kitchen blow torch

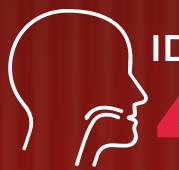


**Use green
apples** for a
tangier taste



Spicy Pears

on rum reduction
mousse



IDDSI LEVEL
4 Pureed
Food



DIFFICULTY
LEVEL
EASY



PREPARATION
TIME
60 MIN.



SERVINGS
PER RECIPE
4

TIPS OF THE CHEF +

PRESENTATION +

Nestlé
HealthScience



INGREDIENTS

- 140g brown sugar
- 200ml rum
- Juice 3 oranges
- 1/2 orange peel
- 1 cinnamon stick
- 7 peppercorns
- 6 slices ginger
- 600g pears
- 7 scoops ThickUp® Clear

PREPARATION

COOKING PEARS

1. In a pot, boil the rum with the sugar for 5 min. until the alcohol evaporates.
2. Lower the heat, add the orange juice, the orange peel, the cinnamon, the peppercorns and the 6 slices of ginger and infuse for 15 min. with the lid on over a very low heat.
3. Turn off the heat and let rest for 20 min.
4. Strain the previous infusion, add the pears cut into 4mm pieces and cook for 7 min.

TEXTURED PEARS

5. Strain the previous preparation and put to one side the pears and the reduction separately.
6. Separate a portion to texturize: Blend with 1 scoop of ThickUp® Clear until there are no lumps and the texture is smooth and safe.

RUM REDUCTION MOUSSE

7. Strain and blend the reserved liquid from the pears preparation to ensure it is safe and has no lumps.
8. Add 6 scoops of ThickUp® Clear to the whole reduction and blend for 2 min. to obtain firm and dense mousse. Blend until there are no lumps and it is firm, smooth and safe. This is suitable for the whole family.

Spicy Pears

on rum reduction
mousse



IDDSI LEVEL ?
4 Pureed Food



DIFFICULTY LEVEL
EASY



PREPARATION TIME
35 MIN.



SERVINGS PER RECIPE
4

TIPS OF THE CHEF +

PRESENTATION +

Nestle
HealthScience



Place the **rum reduction mousse** into the individual serving bowl

Cover with the spiced pears. Decorate with a rosette of **orange peel**

Serve the non-texturized option for the rest of the family

Spicy Pears

on rum reduction
mousse



IDDSI LEVEL
4 Pureed Food



DIFFICULTY LEVEL
EASY



PREPARATION
TIME
35 MIN.



SERVINGS
PER RECIPE
4

TIPS OF THE CHEF +

PRESENTATION +

Nestle
HealthScience



In step 1, **boil and flambé** to ensure the complete evaporation of the alcohol.



Drinks



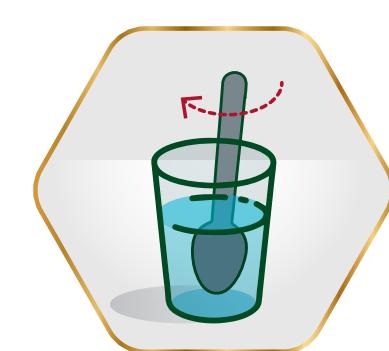
INGREDIENTS

- Water
- Carbonated drinks
- Wine*
- Champagne*
- Tea
- Coffee
- Juice
- ThickenUp® Clear

* Please, always consult your doctor about whether it is safe to drink alcohol if you are on medication.

PREPARATION

- Use the dosage scoop included in the tin. For best results, add the powder to a clean, dry cup, glass, or beaker.
- First add desired quantity of powder into an empty glass according to the dysphagia level of modification(1 scoop/Level 2; 2 scoops/Level 3; 3 scoops/Level 4).
- Then add 100ml of liquid into the glass/cup and stir with a spoon until completely dissolved. It will reach desired consistency within 1-3 min.
- Remember to re-stir briefly before serving.

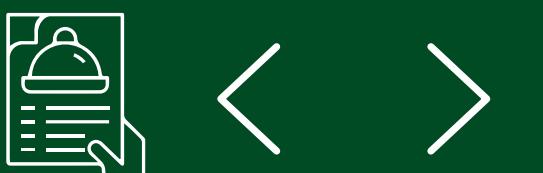


CARBONATED DRINKS

For optimal results, stir the carbonated drink to reduce the amount of carbonation.

HOT DRINKS

Prepare the hot drink according to individual preference, before adding to the powder. For safety, allow the thickened hot drink to cool down slightly before serving.



Festive MENUS



for adults with **SWALLOWING
DIFFICULTIES OR DYSPHAGIA**
and for the whole family

ACKNOWLEDGMENT:

All recipes have the personal signature of our
international reference chef, Elizabeth Pérez

ThickenUp® Clear is a food for special medical purposes for the dietary management of people with dysphagia (swallowing difficulties). Must be used under medical supervision.

