

Senior Living Culinary and Nutrition Summit

Texture Techniques



Together
We Care



Michael May
Director of Operations
Nutra Services Inc.

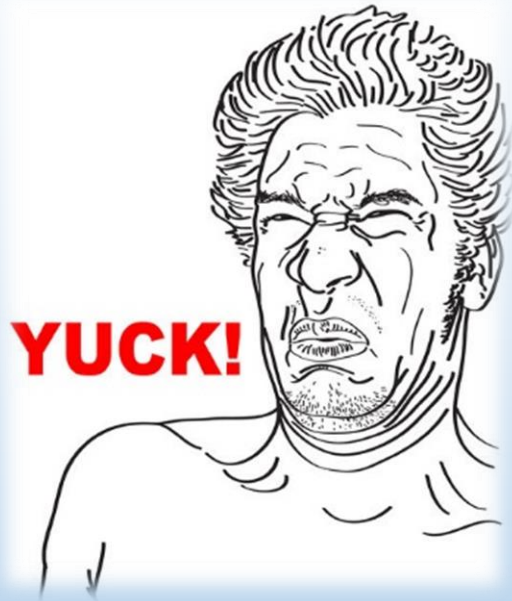


Chef Claud Walker
Chef- St. Peter's Residence
Nutra Services Inc.



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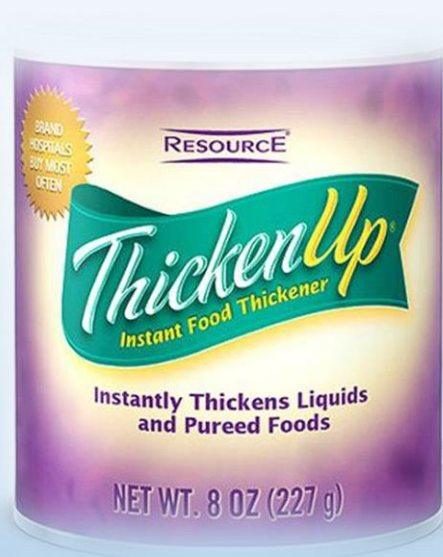
People's first impression of pureed foods



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The enemy of pureed foods



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Why do we need to avoid the enemies?



MENU

- **Caesar Salad**
- **Macaroni and Beef Casserole**
- **Fruit Cocktail**

Caesar Salad

- Add liquid first (dressing)
- Add lettuce next then blend
- Add Croutons and cheese at end to adjust consistency



Macaroni and Beef Casserole

- Add liquid (stock) to adjust consistency
- Blend mixture



Fruit Cocktail


- Drain fruit completely, reserve juice
- Blend fruit to apple sauce consistency






Guidelines





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Texture Techniques



| MINCED | PUREED |
|---|---|
| Frozen Vegetables, Frozen Fruit, Canned Vegetables, Canned Fruit | |
| <ul style="list-style-type: none"> Defrost Vegetables, Fruit Drain off liquid. Put vegetables etc. in colander and with back of slotted spoon press out any remaining liquid. Add drained product to blender or food processor. Process until coarsely minced, product should be the consistency of ground beef. Scrape down sides and bottom of bowl. Ensure all particles are the same size and free from lumps. Season to taste. | <ul style="list-style-type: none"> Defrost Vegetables, Fruit Drain off liquid. Put vegetables etc. in colander and with back of slotted spoon press out any remaining liquid. Add drained product to blender or food processor and blend until smooth. DO NOT ADD WATER. Scrape down sides and bottom of bowl. Add thickener to the product – only if needed. The finished product should be the consistency of whipped potato / mousse. End product should stand up on plate. Season to taste. |
| Entrees, Desserts, Sandwiches etc. | |
| <ul style="list-style-type: none"> Put prepared product in blender or food processor. Cover securely. Process until coarsely minced, product should be the consistency of ground beef. Scrape down sides and bottom of bowl. Ensure all particles are the same size and free from lumps. Season to taste. | <ul style="list-style-type: none"> Put prepared product in blender or food processor. Cover securely. Blend until smooth. Scrape down sides and bottom of bowl. Add small amount of broth/sauce/milk to get the product to puree – only if needed. DO NOT ADD WATER. Continue blending until product is the consistency of whipped potatoes / mousse. Product should stand up on plate Season to taste. |

Reference: "Pureed Perfection", Seasons Care, for more information www.seasonscare.com



Don't forget...
Come visit us at booth 625!

FREE DRAW!

you could win: a iPad Mini!
Plus other
great prizes!

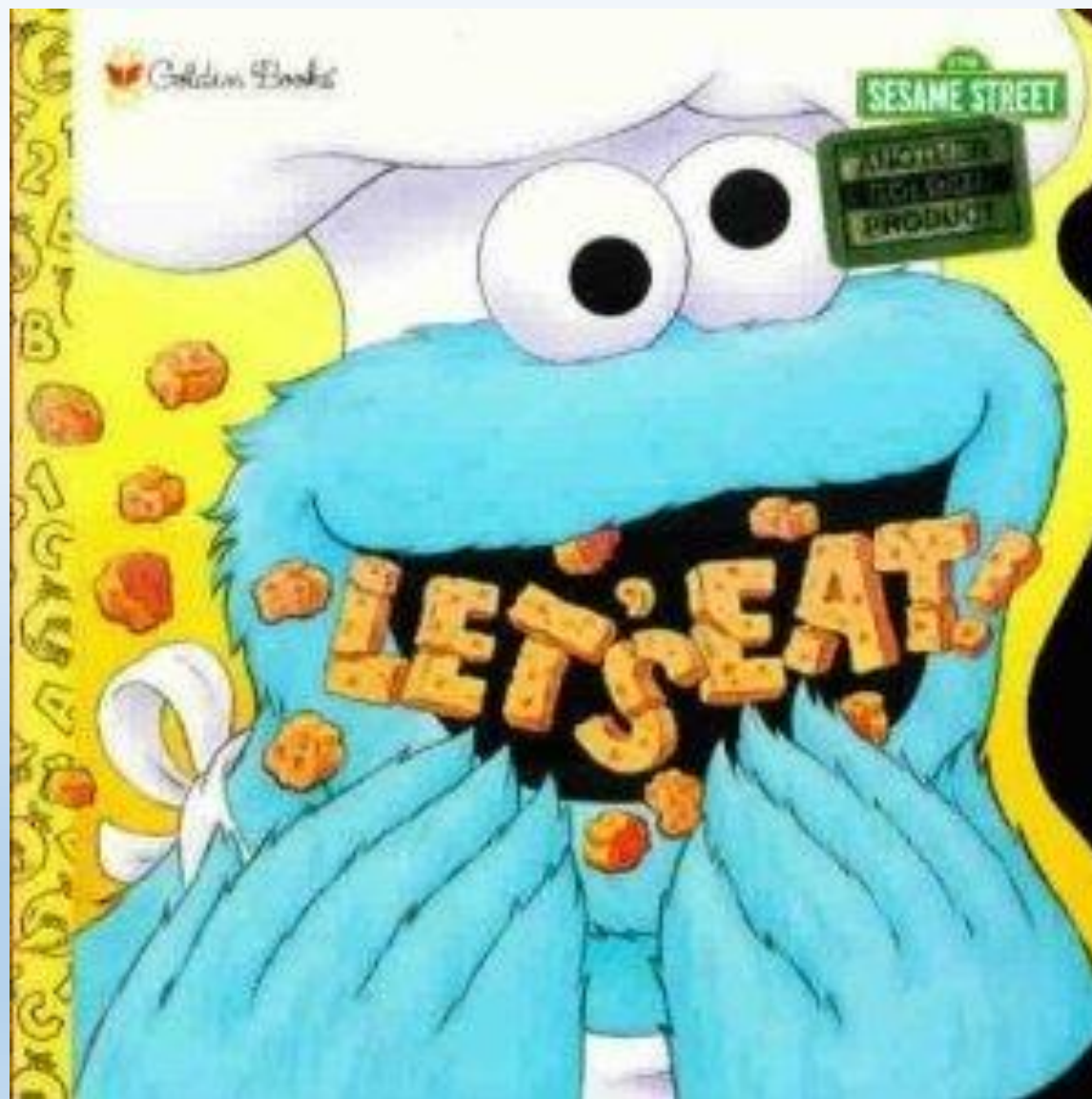


Check out the Nutra Services profile
at www.nutraservices.ca



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