

Transform Food

In **Five** Easy Steps



STEP 1 - Puree

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

STEP 2 - Thicken

Add a small amount of food thickener to the puree to ensure food mold maintains its new form once removed from its mold and is reheated. Look for a puree mixture consistency that will hold on a spoon when inverted.

STEP 3 - Mold

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

STEP 4 - Present

Once frozen, remove molded food portions from mold tray and place on to plate. Cover and allow to thaw in the fridge. Note: to save space frozen molds can be placed in suitable freezer bags and logged and labelled as per HACCP requirements.

STEP 5 - Heat & Serve

Cover molded meal with heat proof cover to retain moisture and reheat using one of the following methods:

- Combi Steam Oven
- Burlodge Style retherm system
- Bain Marie Undercounter Hot Box
- Microwave (low power setting)