Transform Food
In Five Easy Steps

1. **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.

2. **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.

3. **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.

4. **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.

5. **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
   - Burndodge Style retherm system
   - Bain Marie Undercounter Hot Box
   - Microwave (low power setting)