



Cooking with Confidence Festive Guide **





 $Resource ^{\texttt{@}} \ Thicken Up ^{\texttt{@}} \ Clear \ is \ a food \ for \ special \ medical \ purposes \ for \ use \ under \ medical \ supervision.$





Prawn Cocktail









20g cooked and peeled prawns



1 teaspoon mayonnaise



11/2 teaspoon of tomato ketchup



20g peeled cucumber



5g watercress & rocket leaf or fresh spinach



20g ripe tomatoes



Resource® ThickenUp® Clear



Salt and pepper to season



A pinch of **paprika** to garnish the top



Allergens: contains <u>fish</u>, <u>egg</u>, may contain <u>gluten</u>. Mayonnaise may contain <u>mustard</u>, depending on the recipe/brand. Ketchup may contain <u>celery</u>, depending on the recipe/brand.



Choose gluten free mayonaise and ketchup

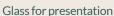


Replace cooked prawns with cooked tofu and choose vegetarian mayonaise and ketchup











Sieve



Ingredients shown in image are for decorative purposes only. All food must be modified for the correct IDDSI Level.







(Level 4/Puréed).









Place the peeled cucumber, watercress and rocket in a blender. Blend until smooth. Season with salt and pepper.

Add the Resource® ThickenUp® Clear to get the desired consistency



Add the tomato mix for the next level.



Place the prawn mix on the top and level off.





Remove the seeds from the tomatoes with a spoon.







Place the tomatoes in the blender and blend until smooth. Then pass through a sieve to remove pips and skin.



Add 1 tsp of ketchup and season.



Add the Resource® ThickenUp® Clear and mix until you get a Level 4/Puréed consistency.



Place the prawns, mayonnaise and the remaining ketchup in a blender and blend until smooth, season if required.



Using a small glass place the cucumber mix in the bottom.





Add a sprinkle of paprika to the top if you would like, this can be omitted if it causes coughing or irritation



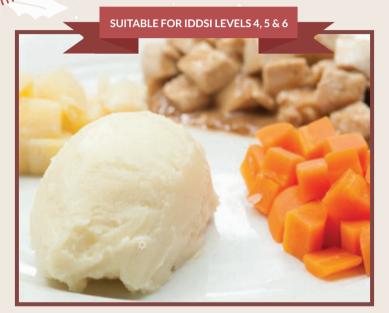




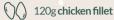


Roast Dinner

Serves: 4













8g dried stuffing mix



100g carrots peeled and sliced



1 teaspoon of oil



100g parsnips peeled and sliced



1 chicken stock cube



1-2 scoops Resource® ThickenUp® Clear



5g margarine



Gravy browning (very little to colour)



5g plain flour

% pint hot water



Salt and pepper to season



Allergens: contains wheat (gluten), may contain barley from stuffing mix. Chicken stock cube - may contain celery. Margarine may contain milk.



Choose gluten free dried stuffing mix, stock cube, flour and gravy



Replace chicken fillet with soy chicken alternative and chicken stock cube with vegetarian stock cube. Choose a vegetarian gravy and margarine











Ingredients shown in image are for decorative purposes only. All food must be modified for the correct IDDSI Level.





saucepan











Heat the oil in a pan.



Season the chicken fillets with salt and pepper then place in the pan and sauté until slightly coloured and sealed.



Remove the chicken fillets and place in an ovenproof dish, cover with foil and place in the oven on 200°C, 180°C (fan assisted) or gas mark 6 for 30 minutes. Check that the fillets are cooked.



Whilst the chicken is cooking, start to cook your vegetables.



Place the peeled potatoes in a saucepan of cold salted water, enough to cover.



Bring the water to the boil and simmer for approximately 10 minutes until cooked.



Place the carrots in a saucepan of cold salted water, enough to cover.



Bring the water to the boil and simmer for approximately 10 minutes until cooked.









Place the parsnips in a saucepan of cold salted water, enough to cover.



Bring the water to the boil and simmer for approximately 10 minutes until cooked.



You can use alternative vegetables, such as broccoli.



Place the margarine in the pan and heat to melt, add the flour to make the roux. Add the stock cube to the hot water, dissolve and then add a little at a time to the roux. Ensure you stir well to achieve a smooth sauce.



Add a very small amount of gravy browning to get the desired colour.



Add the dried stuffing mix and allow to gently simmer until the sauce is cooked. Check the seasoning is correct.



Ensure that the chicken fillets are cooked through by checking the juices run clear.





Once everything is cooked

PREPARING TO LEVEL 4







For a PUREED (Level 4) texture place the cooked chicken and sauce in the blender and blend until completely smooth ensuring there are no lumps.



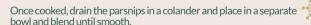
Add the Resource® ThickenUp® Clear and mix in well until the desired consistency is achieved. Check against the IDDSI Framework.

Keep warm whilst you prepare the vegetables.

Check your vegetables are soft and cooked through by lightly mashing a piece of each with a fork.

Once cooked, drain the carrots in a colander and place in a separate bowl and blend until smooth.

Add a scoop of Resource® ThickenUp® Clear and mix in well with a fork until the desired consistency is achieved (add another scoop if needed). Check against the IDDSI Framework.





Once cooked, drain the potatoes in a colander, then mash until very smooth with no lumps

Spoon the chicken, potatoes, carrots and parsnips onto a warm plate and serve immediately.

Do not pour on extra gravy before serving.



PREPARING TO LEVEL 5



Chop the cooked chicken into finely minced pieces approximately 4mm in size for adults and 2mm in size for children.

Check the size of your pieces using the slot between fork prongs (4mm) to determine whether minced pieces are the correct or incorrect size.

For a MINCED AND MOIST (Level 5) texture blend the sauce to a smooth consistency and add to the diced Chicken. Check against the IDDSI Framework. Ensure there are no ingredients that are bigger than 4mm for adults and 2mm for children.

Add the Resource® ThickenUp® Clear and mix in well until the desired consistency is achieved. Check against the IDDSI Framework (see page 14).

Keep warm whilst you prepare the vegetables.

Check your vegetables are soft and cooked through by lightly mashing a piece of each with a fork. Drain.

Chop the carrots and parsnips into finely minced pieces that are 4mm for adults and 2mm for children.

Check the size of the carrot and parsnip pieces using the slot between fork prongs (4mm) to determine whether minced pieces are the correct or incorrect size.

Once cooked, drain the potatoes in a colander, transfer to a bowl then mash until very smooth with no lumps.

Spoon the chicken, potatoes, carrots and parsnip pieces onto a warm plate and serve immediately.

Do not pour on extra gravy before serving.





Once everything is cooked

PREPARING TO LEVEL 6





Chop the cooked chicken into bite size pieces which are 15 mm in size for adults and 8 mm in size for children.

Check the size of your pieces using the size of thumb nail (15mm x 15mm).

For a SOFT AND BITE SIZED (Level 6) texture blend the sauce to a smooth consistency and add to the chicken pieces. Check against the IDDSI Framework. Ensure there are no ingredients that are bigger than 15mm for adults and 8mm for children.

Add the Resource® ThickenUp® Clear and mix in well until the desired consistency is achieved. Check against the IDDSI Framework.



Keep warm whilst you prepare the vegetables.

Check your vegetables are soft and cooked through by lightly mashing a piece of each with a fork. Drain.





Chop the carrots and parsnips into small pieces 15mm in size.

Check the size of the carrot and parsnip pieces using the size of your thumb nail, if pieces are too large continue to chop to correct size.

Once cooked, drain the potatoes in a colander, transfer to a bowl then mash until very smooth with no lumps.

Spoon the chicken, potatoes, carrots and parsnip pieces onto a warm plate and serve immediately.

Do not pour on extra gravy before serving.











* Celebration Cake

















550ml dissolved jelly, using water



40g vanilla sponge or cup cake (no nuts or chocolate pieces)



225g strawberries, washed and stalks removed



50g granulated sugar



300ml double cream, cold



2 teaspoons vanilla essence



40g icing sugar



40g Milky Bar, finely grated



Allergens: contains milk, wheat (gluten).



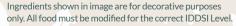
Use gluten-free cake



Use vegetarian jelly





















Dissolve jelly in approximately 550ml of water as per the packet instructions, cool slightly.



Once the jelly has set, pour a thin layer of strawberry coulis over the top and cool while you whip the topping.



Crumble the vanilla sponge into the bottom of a sundae dish or bowl, using one dish per person.



Add the double cream, vanilla, icing sugar and Milky Bar into a bowl and whisk until fairly stiff – approximately 5 minutes.



Pour the jelly mix to just cover the sponge. Place in the fridge until set - about 1 hour.



Pipe or spoon onto your desserts and serve.

TOP TIPS:



Make a strawberry coulis by adding strawberries into a saucepan with the granulated sugar. Cook on medium heat for 10 minutes.







Blend until smooth, and then pass through a sieve.







You could use prosecco in your jelly for a fizzy treat, perfect for a special occasion.



If you're baking your own sponge from scratch, make some extra. Place in a bag and freeze to save time in the future.



Return to the pan and cook slowly until reduced by half and the sauce thickens to coat a spoon - approximately 10 minutes.



