



# *Cooking with Confidence*

## *Festive Guide*

Resource® ThickenUp® Clear is a food for special medical purposes for use under medical supervision.

# Prawn Cocktail



Serves: 4

SUITABLE FOR IDDSI LEVELS 4, 5 & 6



## Ingredients



20g cooked and peeled **prawns**



1 teaspoon **mayonnaise**



1 1/2 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 fish, egg, may contain gluten. Mayonnaise may contain mustard, depending on the recipe/brand. Ketchup may contain celery, depending on the recipe/brand.



Choose **gluten free** mayonnaise and ketchup



Replace cooked prawns with cooked **tofu** and choose **vegetarian** mayonnaise and ketchup



Blender



Glass for presentation



Sieve



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



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## Method



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 (Level 4/Puréed).



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 the tomato mix for the next level.



Place the prawn mix on the top and level off.

### TOP TIPS:



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

SUITABLE FOR IDDSI LEVELS 4, 5 & 6



## Ingredients



120g chicken fillet



2-3 potatoes



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



Salt and pepper to season



¼ pint hot water



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



Blender



Oven



Large  
saucepan



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# Method



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 parsnips 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.



## Once everything is cooked

### 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 15mm in size for adults and 8mm 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



Serves: 4

SUITABLE FOR IDDSI LEVELS 4, 5 & 6



## Ingredients



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**



Small saucepan



Whisk



Very fine grater



Blender

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# Method



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



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



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



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.



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



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



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



Pipe or spoon onto your desserts and serve.

## TOP TIPS:



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.