# Healthcare Solutions

Dysphagia and Dementia





#### FOREWORD BY

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Foreword by Caroline Lecko

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### Living with Dysphagia

Dysphagia (difficulty in swallowing) conservatively affects approximately 8% of the world's population - that is a sobering 98,931,680 individuals from the developed world. Dysphagia affects individuals across the life-span with the young and elderly being most frequently affected. It is estimated that approximately 60 - 75% of people in care homes and 22% of the world's population over the age of 55 years are affected by dysphagia. There is growing evidence to show that the prevalence of dysphagia in babies and children is increasing due to advances in medical care for children with disabilities and higher survival rates of premature babies.

We also know that individuals with dysphagia are at greater risk of malnutrition, dehydration, aspiration pneumonia and choking. Having dysphagia can impact on an individual's quality of life as a result of anxiety, loss of taste/smell and embarrassment. Ensuring that individuals with the condition have a nutritious, appetising and safe meal is essential both in terms of maintaining an individual's well-being and quality of life.

Whilst there are promising treatments being developed to improve function, modification of food texture and liquid thickness has become a cornerstone of dysphagia management. The preparation of texture modified meals needs to improve - it is no longer acceptable to provide meals that are purely 'blended' to a 'purée'. This is unsafe, unappetising and contributes to harm to individuals.

Premier Foods has really risen to the challenge to demonstrate that you can provide safe, nutritious, appetising texture modified meals using the ingredients you have in your store cupboard. Will you rise to the same challenge and make a real difference to the people in your care?

The Dysphagia Diet Food Descriptors are a tool for you to use to improve the texture modified meals you provide to the people in your care.

Please always ask yourself whenever you serve a texture modified meal 'would I eat this meal?' or 'would I be happy for a member of my family to eat this meal?' If the answer is 'no' then please do not serve the meal.

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Recipes designed for people with

**Dementia by Premier Foods** 



## Living with Dementia

It is estimated that 44.35 million people worldwide are living with dementia and these numbers expected to double every 20 years reaching 135.46 million by 2050. It is perhaps of no surprise that the World Health Organisation has recognised that Alzheimer's disease and other types of dementia as a public health priority.

The Alzheimer's Society report that in the UK the number of people with dementia is 800,000. This number is expected to increase to over a million people with dementia by 2021. The Alzheimer's Society also state that 80% of people living in care homes have a form of dementia or severe memory problems and that two thirds of people with dementia live in the community while one third live in a care home.

The Alzheimer's Disease International report 'Nutrition and dementia - A review of available research' published in 2014 highlights that much more attention needs to be given to undernutrition in dementia. Studies reviewed as part of the report suggest that 20 -45% of people with dementia in the community experience significant loss over one year and that for those people with dementia living care homes up to half have an inadequate food intake.

Whilst the reasons for weight loss and undernutrition in dementia are complex and not completely understood, reduced appetite, increased activity and changes in eating behaviours can all contribute to an individual's poor nutritional intake. The consequences of this can lead to greater functional impairment and

dependence, hospitalisation and higher risks of falls, pressure ulcers and infection.

Ensuring that the nutritional needs of people with dementia are met can be a challenge and many factors need to be considered including training and education, the mealtime environment, the use of nutritional supplements and the provision of assistance to eat.

Healthcare caterers have a key role in helping to reduce the risk of weight loss for people with dementia by providing a variety of different types of snacks and meals throughout the day to stimulate and motivate people to eat. The recipes in this booklet provide you with some great ideas of dishes with strong but familiar flavours and nutritious finger foods and snacks to try -I hope your residents enjoy them.



## A Chef's Perspective

Preston Walker Owner, Manager, Oak House Care Home



### Dysphagia

Catering for someone with dysphagia poses several challenges for kitchen staff to deliver a safe, nutritious and varied diet. By understanding the condition, which can vary from person to person, together with the National Food Texture Descriptors you can start to create a menu repertoire.

There are different ways of creating pureed meals and methods can change depending on the ingredients used and the serving texture you are achieving. Foods will require blending, then either thickening-up or thinning-down to the correct descriptor. For either method kitchen equipment plays a vital role; investment in quality food processors and sieves aid with the consistency of meals and ease of preparation.

For the thicken-up method there are many specialist thickening agents available on the market. Equally there are several household ingredients which will do the same job, such as cornflour, arrowroot, mashed potato, gravy or custard powder. When using this method it is important allow time for rehydration of thickening powders since some powders will take a few minutes to do this, so it is best to leave to stand, then test against the descriptor checklist before serving.



On face value the thinning-down method might seem a simpler process, to add a liquid to the pureed food until the desired texture is achieved. Patients with dysphagia, particularly those who require a thin puree diet, suffer a greater risk of malnutrition, since thinning the food down will also dilute the nutritional value of the dish. Adding some fortification such as stock, gravy, milk, yoghurt or syrups when thinning can counteract this.

Not all foods are suitable for dysphagia diets. Some foods such as rice, cous-cous and other hard or starchy foods are difficult to adapt in this way. With a little imagination you can still provide menus with choice and variety. Substitute rice with rice flakes or couscous with soft polenta.

Consideration should be given to the cooking methods of ingredients. Poaching, steaming or braising foods will keep ingredients soft for pureeing. Grilling, baking or roasting foods will boost the flavour but any crust or skin will need to be removed before serving, adding preparation time and increasing wastage.

The presentation of dishes is fundamental as we all evaluate food by sight. Dysphagia meals can be made appealing by piping purees into rings, setting in moulds or shaping on the plate. Thinner purees can be presented on compartment plates, which separate the individual components and flavours.



### Dementia

Adequate energy intake is a crucial factor in ensuring good nutrition for older people with dementia. A varied diet is essential in order to achieve an adequate intake of vitamins and minerals. High protein/calorie food should be provided...

### Practical strategies at mealtimes for people with **Dementia**

Dementia can manifest differently from person to person which has an impact on mealtimes. Individuals may require a range of diets such as fortified, dysphagia or finger foods. For more active people with less concentration grab and go foods and snacks will improve consumption throughout the day.

Taste changes should be incorporated into menus, some people may develop a preference to stronger flavours or sweeter foods. The eating environment itself has a big role to play making a person feel relaxed which can impact how much someone will eat.

- Stick to familiar foods, drinks and routines.
- Make the eating area attractive and ensure the room is well lit. Contrasting colours give definition between table, plate and food.
- Use pictorial menus for people who find it difficult to communicate choices
- Provide adapted utensils/equipment to maintain independence
- Provide encouragement and/or assistance where needed
- Allow time for slow eaters and reheat food if needed
- Serve drinks with meals to make eating easier and aid digestion
- Offer snacks throughout the day
- Provide high calorie/high protein foods



## Dysphagia - a practical guide to preparing meals

Eating well-presented nutritious food is a vital part of our daily life. It is not only essential for our health but the social aspect of eating is part of our wellbeing. However, for some, it's a part of the day that creates anxiety, unhappiness and possibly even danger from choking.

We aim to provide food that is not only safe and nutritious to eat, but just as importantly, food that looks appetising to eat.

### Appearance of Food

Sometimes food for a dysphagia diet is puréed all together even though the meal itself has several components. However, food looks most appealing when kept separate. For example, a roast dinner can all be puréed but by keeping each type of food separate on the plate it looks far more like the original roast dinner (that most others in the room will be eating) and therefore more appealing to eat.

Place vegetables into shaped moulds and even pipe some vegetables onto the plate to replicate the original shape such as carrots or green beans.

Make oval 'quenelles' using two dessert spoons to shape the potatoes or pipe them into a swirl with a fluted piping nozzle.

Layering food is an excellent way to present savoury dishes such as cottage pie but also for many desserts, for example, rice pudding with puréed peaches. Purée both foods in line with the descriptor then layer into a clear glass. The finished dish is a very pretty looking glass of creamy rice with bright yellow layers of fruit.

### Equipment required for puréeing food

Food processor, liquidiser.

The size of blender used is determined by the amount of food to be puréed.

When using a food processor or liquidiser, overfilling will result in an inconsistent purée whilst trying to purée too small an amount in a processor will not work as the blade cannot reach the food.

### Equipment for testing the descriptors

No special equipment is required to test the correct consistency of the food thus making it simple and accessible to everyone whether in a domestic situation or a large industrial kitchen.

All that is required is a plastic teaspoon, metal fork and

a plate. Use these three items and follow the checking method for each descriptor.

### Equipment for presenting food

Mould shapes - these can be ring moulds or shaped e.g. star shaped cutter for a Christmas dessert or a cow shaped cutter for a beef dinner

Piping bags with various nozzles for piping descriptor C Small glass dishes or shot glasses for presenting desserts

### Foods that don't work

- Fibrous vegetables such as leeks unless they are cooked until very soft, 'old' string beans that can be stringy or chewy
- Peas, grapes or foods with a pith/ skin
- Cous-cous or sticky foods, e.g. marshmallows
- Anything that changes texture in the mouth e.g. jelly, ice cream or water melon
- 'Floppy' foods such as lettuce or cucumber

### Foods that do work

- Lots of foods do work by softening them first with liquid. Always use a liquid that will add nutrients such as fruit juice, cream, yoghurt, meat juices, gravy or even vegetable water which has the water soluble vitamins present from the vegetables
- Flapjacks, cheesecake bases, Yorkshire puddings, pizza – these can all be softened with a liquid prior to puréeing
- Try to add as many nutrients to the recipes as possible so that the food is packed full of goodness. For example think about adding sweet potato or parsnip to mashed potato or orange juice to chocolate cake when puréeing
- Always season the food well and check again once puréed as the food can lose some of its original flavour if it has been thinned



### What factors change the consistency of the puréed food?

- 1. Temperature at which it is puréed.
  - If food is puréed whilst still hot it will require less added liquid to reach the desired consistency than the same food that has been chilled and then puréed.
- 2. Temperature at which it is stored and period of time it is stored.

A cold dessert may thicken up if refrigerated for several hours so care needs to be taken that the food is still the correct consistency when served.

- 3. Reheating method
  - This may produce a crust and can happen with potato, rice, pasta etc. so it is best to reheat foods in a steamer, microwave or in a regen oven but covered, to prevent drying out.

NB: always check that food has reached core temperature once reheated and that correct procedures have been followed.

Dysphagia Menu Changes	
These are examples of the dishes Hert	fordshire Catering Services have
provided for one of their special school	ols and the medium used to create
the correct descriptor.	
Main Course Dishes	Medium
Oven baked battered fish fillets	Tinned tomatoes/Tomato sauce
Spaghetti bolognaise	Tomato sauce
Beef burger in a bun	Pizza topping
Favourite pizza	Béchamel sauce
Macaroni cheese	Full cream milk
Sweet potato slice	Apple sauce
Roast pork and apple sauce	Chilli sauce
Breaded salmon portion	Baked bean juice
Cheese and tomato wrap	Barbeque sauce
Barbecue chicken	Vegetable Bouillon
Vegetable curry & rice	The stock/vegetable water from the cooking process
Dessert Items	Medium
Syrup sponge	Custard
Toffee cream tart	Condensed milk
Fruit flapjack	Fruit juice
Semolina	Condensed milk
Chocolate brickwall	Chocolate sauce
Apricot peasants pudding	Apricot purée
Fruit muffin	Custard

### Dysphagia Diet Food Texture Descriptors

### What are descriptors?

Descriptors detail the types and textures of foods needed by individuals who have oropharyngeal dysphagia (swallowing difficulties) and who are at risk of choking or aspiration (food or liquid going into their airway). The descriptors provide standard terminology to be used by all health professionals and food providers when communicating about an individual's requirements for a texture modified diet. The food textures are:

**B** = Thin Purée Dysphagia Diet

C = Thick Purée Dysphagia Diet

**D** = Pre-mashed Dysphagia Diet

**E** = Fork Mashable Dysphagia Diet

Fluids are not currently included in these descriptors. The following guidance is suggested for information on thickening fluids:

http://www.gcu.ac.uk/sndri/pdf/consistency/100505 FluidThickening.pdf

and

http://www.speechpathologyaustralia.org.au/resources/ terminology-for-modified-foods-and-fluids

### Who developed the descriptors?

The descriptors were developed by the National Patient Safety Agency (NPSA) Dysphagia Expert Reference Group in association with Cardiff and Vale University Health Board. The group included representatives from nursing, speech and language therapy, dietetics, hospital catering and the industry. These descriptors replace previous versions that were developed by the British Dietetic Association (BDA) and Royal College of Speech and Language Therapists (RCSLT). The new descriptors have been endorsed by the BDA, RCSLT, Hospital Caterers Association (HCA) and the National Nurses Nutrition Group (NNNG).

Consultation has taken place with representatives from a wide range of manufacturers of dysphagia products throughout the development process.

### Why were the descriptors developed?

The descriptors were developed in response to concerns relating to patient safety and a request from the industry and in-house caterers for detailed guidance on categories of texture.

### What is the rationale for the descriptors?

The descriptors were developed from both the 2002 British Dietetic Association/Royal College of Speech and Language Therapists National Descriptors for Texture Modification in Adults and the Cardiff and Vale University Health Board's 2010 interpretation of these original descriptors. The scientific evidence in this field is limited. These descriptors are therefore based on the best available current evidence, on texture descriptors produced internationally, and a consensus of expert opinion. As new evidence emerges these descriptors will be amended.

### Why might individuals need a texture modified diet?

Individuals may need to eat a texture modified diet because: a) they are generally unwell and need a 'soft diet', or b) they have oropharyngeal dysphagia. The Dysphagia Diet Food Texture Descriptors are for individuals who have oropharyngeal dysphagia. Food for individuals who are generally unwell can usually be available from the 'soft food' options on a menu.

An individual who has oropharyngeal dysphagia may be at risk of choking and/or aspiration of food into the lungs. They may also be at risk of being unable to eat sufficient food to maintain their weight and unable to drink sufficient fluid to maintain hydration. Children may additionally be unable to eat sufficient food to grow.

### When is a texture modified dysphagia diet recommended?

A texture modified dysphagia diet will be prescribed following assessment by a speech and language therapist or other appropriately trained health care professional, e.g. a professional trained to a specialist level on the Inter-professional Dysphagia Competency Framework. The prescribing practitioner will use their clinical judgement to prescribe any additional textures on a case-by-case basis.

### How is a texture modified dysphagia diet provided to individuals?

This will depend on where the person is living or staying. For individuals who are in hospitals or residential care the food may be prepared by in-house caterers or produced by industry caterers. In other settings the modified diet may be produced by the individual's family or carers or provided by industry caterers.

### Can these descriptors be used with children?

The new descriptors have been developed to include the needs of children. The only change is the size of the pieces of meat included in Texture E, the Fork Mashable Dysphagia Diet. Following an individual child's assessment, a speech and language therapist may prescribe the Fork Mashable Dysphagia Diet, and will give specific guidance to parents and carers on the size of the meat particles based on the child's swallowing skills, their age and their development level. School caterers may also use these descriptors in conjunction with speech and language therapists and school staff.

### What consistencies should all care settings provide?

It is envisaged that all care settings will have 2 available textures:

Texture C (Thick Purée Dysphagia Diet) and

**Texture E** (Fork Mashable Dysphagia Diet)

Texture D (Pre-mashed Dysphagia Diet) may be required routinely in some care settings: this should be agreed locally. Similarly some settings may routinely require Texture B (Thin Purée Dysphagia Diet).

Individual patients may require variation to one of these textures - this will be prescribed on an individual basis by a speech and language therapist following individual assessment.

### What does this document include?

Specific standards for each texture B, C, D and E

· Audit checklists so that the food can be measured against the standards for each texture. These sheets were designed for food producers, but may be useful for staff teaching and training

### Additional recommendations

The following recommendations are made by the NPSA Dysphagia Expert Reference Group:

- · A review of the descriptors for thickened fluids should be undertaken
- Members of the Dysphagia Expert Reference Group should be involved in the review of the descriptors for thickened fluids
- Industry should be consulted with as part of the review of thickened fluids

- All professional organisations should encourage their members to comply with the terminology and language used within this document
- A pictorial training aid should be developed to support these Dysphagia Diet Food Texture Descriptors
- · Industry is encouraged to review their packaging of texture modified foods to reflect the colour codes used for each texture descriptor within this document

Due to the International Dysphagia Diet Standardisation Initiative (DDSI) which is aiming to develop international descriptors for 2015, the update to any current descriptors will be following the publication of the results from the DDSI project.

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### **National Nurses Nutrition Group**

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### **Hospital Caterers Association**

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## Thin Purée Dysphagia Diet

### General description:

Food has been puréed or has purée texture. It does not require chewing.

- ✓ It is a thin purée (\*please see note opposite)
- ✓ It is smooth throughout with no 'bits' (no lumps, fibres, bits of shell/skins, bits of husk, particles of gristle/bone etc). It may need to be sieved to achieve this
- ✓ It may have a fine 'textured' quality as long as the bolus remains cohesive in the mouth
- ✓ It is moist
- Any fluid in or on the food is as thick as the purée itself
- X There are no loose fluids that have separated off
- X The texture is not sticky in the mouth
- X No garnish

### Check before serving/eating:

- ➤ No hard pieces, crust or skin have formed during cooking/heating/standing
- X It has not thinned out and any liquid within the food has not separated off

No ice cream or jelly unless advised as suitable by speech and language therapist on an individual basis.

### \*Note - definition of 'thin' purée

- Does not hold its shape on a plate or when scooped
- Cannot be eaten with a fork because it slowly drops through the prongs
- The prongs of a fork do not make a clear pattern on the surface
- It cannot be piped, layered or moulded
- Can be poured
- 'Spreads out' if spilled. A light, disposable plastic teaspoon must be able to stand upright when the head is fully covered
- If it does not do this, the texture is too thin



# Thin Purée Dysphagia Diet

### **Checklist**

'Spreads out' if spilled

when the head is fully covered

A light, disposable plastic teaspoon is able to stand upright

CHECKIIST			
Food has been puréed or has purée texture	Pass	Fail	Borderline
It does not require chewing	Pass	Fail	Borderline
It is smooth throughout with no 'bits' (no lumps, fibres, bits of shell/skin, bits of husk, particles of gristle/bone, etc)	Pass	Fail	Borderline
It may have a fine 'textured' quality as long as the bolus remains cohesive in the mouth	Pass	Fail	Borderline
It is moist	Pass	Fail	Borderline
Any fluid in or on the food is as thick as the purée itself	Pass	Fail	Borderline
There is no loose fluid that has separated off	Pass	Fail	Borderline
The texture is not sticky in the mouth	Pass	Fail	Borderline
No garnish	Pass	Fail	Borderline
No hard pieces or crusts have formed during cooking/ heating	Pass	Fail	Borderline
It has not thinned out and any liquid within the food has not separated off	Pass	Fail	Borderline
Texture Check			
Does not hold its shape on a plate or when scooped	Pass	Fail	Borderline
Cannot be eaten with a fork because it slowly drops through the prongs	Pass	Fail	Borderline
The prongs of a fork do not make a clear pattern on the surface	Pass	Fail	Borderline
It cannot be piped, layered or moulded	Pass	Fail	Borderline



Fail

Fail

Borderline

Borderline

Pass

Pass

## Thick Purée Dysphagia Diet

### General description:

- Food has been puréed or has purée texture. It does not require chewing
- It is a thick purée (\*please see note below)
- It is smooth throughout with no 'bits' (no lumps, fibres, bits of shell/skin, bits of husk, particles of gristle/bone etc.) It may need to be sieved to achieve this
- It may have a fine 'textured' quality as long as the bolus remains cohesive in the mouth
- It is moist
- Any fluid in or on the food is as thick as the purée
- √ There is no loose fluid that has separated off
- X The texture is not sticky in the mouth
- X It is not rubbery
- X No garnish

### Check before serving/eating:

- X No hard pieces, crust or skin have formed during cooking/heating/standing
- X Fluid/gravy/sauce/custard in or on the food has not thinned out or separated off

### \*Note - definition of 'thick' purée

- Holds its shape on a plate or when scooped
- Can be eaten with a fork because it does not drop through the prongs
- The prongs of a fork make a clear pattern on the surface
- It can be piped, layered or moulded
- Cannot be poured. Does not 'spread out' if spilled

### Breakfasts and Desserts

- The texture of thick smooth porridge made from powder (purée porridge) with no loose fluids
- The texture of wheat-biscuit breakfast cereal fully softened with milk completely absorbed
- The texture of thick blancmange or mousse with no 'bits'
- The texture of purée rice pudding
- There is no loose fluid
- There are no lumps
- Wheat-biscuit breakfast cereal has not fully softened
- Milk has not fully absorbed, leaving loose fluid

No ice cream or jelly unless advised as suitable by speech and language therapist on an individual basis.



# Thick Purée Dysphagia Diet

### Checklist

Food has been puréed or has purée texture	Pass	Fail	Borderline
It does not require chewing	Pass	Fail	Borderline
It is smooth throughout with no 'bits' (no lumps, fibres, bits of shell/skin, bits of husk, particles of gristle/bone etc)	Pass	Fail	Borderline
It has a fine 'textured' quality and the bolus remains cohesive in the mouth	Pass	Fail	Borderline
It is moist	Pass	Fail	Borderline
Any fluid in or on the food is as thick as the purée itself	Pass	Fail	Borderline
It is not rubbery	Pass	Fail	Borderline
There is no loose fluid that has separated off	Pass	Fail	Borderline
The texture is not sticky in the mouth	Pass	Fail	Borderline
No garnish	Pass	Fail	Borderline
No hard pieces or crusts have formed during cooking/heating	Pass	Fail	Borderline
It has not thinned out and any liquid within the food has not separated off	Pass	Fail	Borderline

### **Texture Check**

Holds its shape on a plate or when scooped	Pass	Fail	Borderline
Can be eaten with a fork because it does not drop through the prongs	Pass	Fail	Borderline
The prongs of a fork make a clear pattern on the surface	Pass	Fail	Borderline
It can be piped, layered or moulded	Pass	Fail	Borderline
Cannot be poured	Pass	Fail	Borderline
Does not 'spread out' if spilled	Pass	Fail	Borderline
The texture of thick smooth porridge made from powder (purée porridge) with no loose fluids	Pass	Fail	Borderline

### **Breakfasts and Desserts**

The texture of wheat-biscuit breakfast cereal fully softened with milk fully absorbed	Pass	Fail	Borderline
The texture of thick blancmange or mousse with no 'bits'	Pass	Fail	Borderline
The texture of purée rice pudding	Pass	Fail	Borderline
There are no loose fluids	Pass	Fail	Borderline
There are no lumps	Pass	Fail	Borderline

## Pre-Mashed Dysphagia Diet

### General description:

- ✓ Food is soft, tender and moist. Needs very little chewing
- It has been mashed up with a fork before serving (see additional points below)
- It usually requires a very thick, smooth (nonpouring) sauce, gravy or custard (see next point)
- Any fluid, gravy, sauce or custard in or on the food is very thick (\*please see note below)
- X No mixed (thick-thin) textures. No loose fluid
- No hard, tough, chewy, fibrous, stringy, dry, crispy, crunchy or crumbly bits
- No pips, seeds, pith/inside skin. No skins or outer shells e.g. on peas, grapes. No husks
- X No skin, bone or gristle
- Noroundorlong-shapedfoodse.g.sausages, grapes, sweets. No hard chunks e.g. pieces of apple
- No sticky foods e.g. cheese chunks, marshmallows
- No 'floppy' foods e.g. lettuce, cucumber, uncooked baby spinach leaves
- No juicy food where juice separates off in the mouth to a mixed texture e.g. water melon

### Check before serving/eating:

- X No hard pieces, crust or skin have formed during cooking/heating/standing
- Fluid/gravy/sauce/custard in or on the food has not thinned out or separated off

### \*Note - definition of 'very thick' fluid

- Any fluid, gravy, sauce or custard in or on food must be very thick
- It holds its shape on a plate or when scooped, cannot be poured and does not 'spread out' if spilled
- Thinner single texture foods maybe suitable if a person is on thinner fluids - SLT to advise on an individual basis

### SLT = Speech and Language Therapists

**Texture D** products must be mashed by the manufacturer /originator prior to heating for service, i.e. it must be in a pre-mashed state when it reaches the client.

### In addition to the general description:

Must be finely minced - pieces approximately 2mms. No hard bits of mince.

Serve in a very thick, smooth (non-pouring) sauce or gravy. If it cannot be finely minced it should be puréed (to **Texture C**)

#### Fish

Serve finely mashed and in a very thick, smooth (non-pouring) sauce or gravy.

#### **Fruit**

Serve mashed. Drain away any juice that has separated.

#### Casserole/stew/curry

Must be very thick.

Can contain meat, fish or vegetables if prepared as above and overleaf and are fully mixed in.

#### Bread

No bread unless assessed as suitable by SLT on an individual basis.

The texture of very thick smooth porridge with no lumps.

Or the texture of fully softened wheat-biscuit breakfast cereal with milk fully absorbed.

Any milk/fluid must not separate off (i.e. no loose fluid/ no mixed (thick - thin) textures.

Overall texture must be very thick (because this is a single texture food it could be served thinner if a person is on thinner fluids - SLT to advise).

### **Desserts**

The texture of very thick, smooth yogurt (no bits) or stewed apple in very thick custard.

Or the texture of soft sponge cake with smooth filling, fully softened by mashing and mixing in with very thick, smooth (non-pouring) custard.

Overall texture must be very thick. (If the texture of the dessert is single it could be served thinner if a person is on thinner fluids - SLT to advise).

No ice-cream or jelly if a person requires thickened fluids (because these can change to normal fluid thickness in the mouth).

# Pre-Mashed Dysphagia Diet

### **Checklist**

Food is soft, tender and moist	Pass	Fail	Borderline
Needs very little chewing	Pass	Fail	Borderline
It has been mashed up with a fork before serving	Pass	Fail	Borderline
It has a very thick smooth (non-pouring) sauce, gravy or custard	Pass	Fail	Borderline
Any fluid, gravy or custard in or on the food is very thick	Pass	Fail	Borderline
No mixed (thick-thin) textures	Pass	Fail	Borderline
No loose fluid	Pass	Fail	Borderline
No hard, tough, chewy, fibrous, stringy, dry, crispy crunchy or crumbly bits	Pass	Fail	Borderline
No pips, seeds, pith/inside skin	Pass	Fail	Borderline
No skins or outer shells e.g. on peas, grapes	Pass	Fail	Borderline
No husks	Pass	Fail	Borderline
No skin, bone or gristle	Pass	Fail	Borderline
No round or long shaped foods e.g. sausages, grapes, sweets	Pass	Fail	Borderline
No hard chunks e.g. pieces of apple	Pass	Fail	Borderline
No sticky foods e.g. cheese chunks, marshmallows	Pass	Fail	Borderline
No 'floppy' foods e.g. lettuce, cucumber, uncooked baby spinach leaves	Pass	Fail	Borderline
No juicy food where juice separates off in the mouth to a mixed texture e.g. water melon	Pass	Fail	Borderline
No hard pieces or crusts have formed during cooking/heating	Pass	Fail	Borderline
Liquid/gravy/sauce/custard in or on the food, has not thinned out or separated off	Pass	Fail	Borderline



### **Texture Check**

It must be in a pre-mashed state when it reaches the client	Pass	Fail	Borderline
Any fluid, gravy, sauce or custard in or on food must be very thick - it holds its shape on a plate or when scooped, cannot be poured and does not 'spread out' if spilled.	Pass	Fail	Borderline

### **Food Specific**

Meat	Pass	Fail	Borderline
Is finely minced - pieces approximately 2mms	Pass	Fail	Borderline
No hard bits of mince	Pass	Fail	Borderline
Serve in a very thick, smooth (non-pouring) sauce or gravy	Pass	Fail	Borderline
If it cannot be finely minced it should be puréed (to texture C)	Pass	Fail	Borderline
Fish	Pass	Fail	Borderline
Is finely mashed and in a very thick, smooth (non-pouring) sauce or gravy	Pass	Fail	Borderline
Fruit	Pass	Fail	Borderline
Is served mashed	Pass	Fail	Borderline
Juice that has separated has been drained away	Pass	Fail	Borderline
Casserole/Stew/Curry	Pass	Fail	Borderline
Is very thick	Pass	Fail	Borderline
Contains meat, fish or vegetables prepared as required for the texture	Pass	Fail	Borderline

### Cereal

Is the texture of very thick smooth porridge with no lumps	Pass	Fail	Borderline
Or the texture of fully softened wheat-biscuit breakfast cereal with milk fully absorbed	Pass	Fail	Borderline
Any milk/fluid must not separate off (ie. no thin loose fluid/no mixed (thick-thin) textures	Pass	Fail	Borderline
Overall texture is very thick	Pass	Fail	Borderline

### **Desserts**

The texture of thick smooth yogurt (no bits) or stewed apple in very thick custard	Pass	Fail	Borderline
Or texture of soft sponge cake with smooth filling, fully softened with very thick smooth custard	Pass	Fail	Borderline
Overall the texture must be very thick	Pass	Fail	Borderline

## Fork Mashable Dysphagia Diet

### General description:

- ✓ Food is soft, tender and moist but needs some chewing
- It can be mashed with a fork
- It usually requires a thick, smooth sauce, gravy or custard (see next point)
- ✓ Any fluid, gravy, sauce or custard in or on the food is thick (\*please see note below)
- X No mixed (thick-thin) textures. No thin loose fluid
- X No hard, tough, chewy, fibrous, stringy, dry, crispy, crunchy or crumbly bits
- X No pips, seeds, pith/inside skin. No skins or outer shells, e.g. on peas, grapes. No husks
- X No skin, bone or gristle
- X No round or long-shaped foods, e.g. sausages, grapes, sweets. No hard chunks, e.g. pieces of apple
- X No sticky foods e.g. cheese chunks, marshmallows
- X No 'floppy' foods e.g. lettuce, cucumber, uncooked baby spinach leaves
- No juicy food where juice separates off in the mouth to a mixed texture, e.g. water melon

### Check before serving/eating:

- X No hard pieces, crust or skin have formed during cooking/heating/standing
- X Fluid/gravy/sauce/custard in or on the food has not thinned out or separated off

#### \*Note - definition of 'thick' fluid

- Any fluid, gravy, sauce or custard in or on food must be thick – a light disposable plastic teaspoon would stand upright if the head were fully but just covered
- Those on Texture E must therefore be able to cope with thinner fluids - stage 2
- Thinner single texture foods maybe suitable if a person is on thinner fluids - SLT to advise on an individual basis

### SLT = Speech and Language Therapists

2. Texture E products must be in a consistency that allows them to be mashed easily using a fork at point of service/consumption.

### In addition to the general description:

Pieces of soft tender meat must be served no bigger than 15mms.

Or serve meat finely minced. No hard bits of mince. Serve in a thick smooth sauce or gravy.

#### For children

Specific guidance on the size of the food particles, especially meat-based on the child's swallowing skills, their age and their development level will be provided by a speech and language therapist following individual assessment.

#### Fish

Soft enough to break up into small pieces with a fork. Serve in thick smooth sauce or gravy.

#### Fruit

Juicy fruit should be mashed - drain away any juice that has separated.

#### Casserole/stew/curry

Must be thick.

Can contain meat, fish or vegetables if prepared as above and overleaf and fully mixed in.

### **Bread**

No bread unless assessed as suitable by SLT on an individual basis.

#### Cereal

The texture of thick smooth porridge with no hard lumps (soft tender lumps no bigger than 15mms are acceptable).

Or the texture of fully softened wheat-biscuit breakfast cereal with milk fully absorbed.

Any milk/fluid must not separate off (i.e. no thin loose fluid/no mixed (thick- thin) textures.

Overall texture must be thick (Because this is a single texture food it could be served thinner if a person is on thinner fluids - SLT to advise).

The texture of thick smooth yogurt (fork mashable or soft tender pieces of fruit no bigger than 15mms are acceptable) or stewed apple in thick custard.

Or texture of soft sponge cake with smooth filling, fully softened with thick smooth custard.

Overall texture must be thick. (If the texture of the dessert is single it could be served thinner if the person is on thinner fluids - SLT to advise).

No ice-cream or jelly if a person requires thickened fluids (because these can change to normal fluid thickness in the mouth).

# Fork Mashable Dysphagia Diet

### **Checklist**

Food is soft, tender and moist	Pass	Fail	Borderline
Needs some chewing	Pass	Fail	Borderline
It can be mashed with a fork	Pass	Fail	Borderline
Any fluid, gravy, sauce or custard in or on the food is thick	Pass	Fail	Borderline
No mixed (thick-thin) textures	Pass	Fail	Borderline
No thin loose fluid	Pass	Fail	Borderline
No hard, tough, chewy, fibrous, stringy, dry, crispy crunchy or crumbly bits	Pass	Fail	Borderline
No pips, seeds, pith/inside skin	Pass	Fail	Borderline
No skins or outer shells e.g. on peas, grapes	Pass	Fail	Borderline
No husks	Pass	Fail	Borderline
No skin, bone or gristle	Pass	Fail	Borderline
No round or long shaped foods e.g. sausages, grapes, sweets	Pass	Fail	Borderline
No hard chunks, e.g. pieces of apple	Pass	Fail	Borderline
No sticky foods, e.g. cheese chunks, marshmallows	Pass	Fail	Borderline
No 'floppy' foods, e.g. lettuce, cucumber, uncooked baby spinach leaves	Pass	Fail	Borderline
No juicy food where juice separates off in the mouth to a mixed texture, e.g. water melon	Pass	Fail	Borderline
No hard pieces or crusts have formed during cooking/heating	Pass	Fail	Borderline
Liquid/gravy/sauce/custard in or on the food, has not thinned out or separated	Pass	Fail	Borderline

### **Texture Check**

Mashed easily using a fork at point of service/consumption	Pass	Fail	Borderline
Any fluid, gravy, sauce or custard in or on food must be thick - a light disposable plastic teaspoon stands upright when the head is fully but just covered	Pass	Fail	Borderline



### Food Specific

Overall the texture must be thick

Food Specific			
Meat			
Pieces of soft tender meat must be served no bigger than 15mms or serve meat finely minced	Pass	Fail	Borderline
No hard bits of mince	Pass	Fail	Borderline
Serve in a thick, smooth sauce or gravy	Pass	Fail	Borderline
For Children Specific guidance on the size of the food particles, especially meat, based their age and their development level will be provided by a speech and la individual assessment			_
Fish			
Is soft enough to break up into small pieces with a fork	Pass	Fail	Borderline
Fruit			
Juicy fruit is mashed	Pass	Fail	Borderline
Juice that has separated has been drained off	Pass	Fail	Borderline
Casserole/Stew/Curry			
Is thick	Pass	Fail	Borderline
Contains meat, fish or vegetables prepared as required for the texture	Pass	Fail	Borderline
Meat, fish or vegetables are fully mixed in	Pass	Fail	Borderline
Cereal			
Is the texture of thick smooth porridge with no hard lumps (soft tender lumps no bigger than 15mms are acceptable)	Pass	Fail	Borderline
Or the texture of fully softened wheat-biscuit breakfast cereal with milk fully absorbed	Pass	Fail	Borderline
Any milk/fluid must not separate off (ie. no thin loose fluid/no mixed (thick-thin) textures	Pass	Fail	Borderline
Overall texture is thick	Pass	Fail	Borderline
Desserts			
The texture of thick smooth yogurt (fork mashable soft, tender pieces of fruit no bigger than 15mms are acceptable) or stewed apple in thick custard	Pass	Fail	Borderline
Or texture of soft sponge cake with smooth filling, fully softened with thick smooth custard	Pass	Fail	Borderline

Fail

Borderline

Pass

# Dysphagia Recipes

### Meat Lasagne

Serves: 10

### **Ingredients**

**Homepride Bolognese Sauce** 

15ml Vegetable oil

150g Onion, finely diced

150g Carrots, grated

500g Lean minced beef

1kg Homepride Bolognese Sauce

For "Dysphagia" Pasta / Cheese Sauce

250g Batchelors Béchamel Sauce Mix

1ltr Full fat milk

125g Fresh breadcrumbs

150g Grated Parmesan cheese

#### Method

### **Homepride Bolognese Sauce**

- 1. Place the oil in a large pan and add the diced onions and carrots, sauté for 3 minutes or until soft. Add the minced beef and cook until the meat is browned. Drain any excess fat or water from the pan
- 2. Pour over the Homepride Bolognese Sauce, heat and then reduce the heat to simmer. Cover the pan and cook for 35-40 minutes on a low heat or until the meat is tender
- 3. Place the bolognese into a food blender and purée until smooth. Check the consistency and add stock as needed to achieve the correct texture and consistency. Pass through a sieve and check against the descriptor, adjust as necessary

#### **Dysphagia Pasta / Cheese Sauce**

- 1. Prepare the cheese sauce by heating half the milk with the breadcrumbs. Add the rest of the cold milk to the Batchelors Béchamel Mix and whisk to a smooth paste
- 2. Add the paste to the hot milk and stir. Bring back to the boil and simmer for 2 minutes. Remove the pan from the heat and add the cheese

To assemble the individual lasagnes, place 2 tbsp of the Bolognese into the bottom of each dish and pipe one tbsp of the pasta sauce. Repeat the layers and add any remaining bolognese finishing with the cheese sauce. Heat in the microwave or steamer until piping hot. Serve immediately



### Fish Pie with Parsnip & Carrot Mash

#### Serves 2

### **Ingredients**

125g Tinned tuna, drained 100g Homepride Creamy Tomato Sauce/Arrabiata 100g Carrots, cooked and puréed 100g Parsnips, cooked and puréed 100g Smash, made according to pack instructions 270ml Bisto Vegetable Bouillon 160ml Full fat milk Seasoning

#### **Method**

- 1. Combine tuna and Homepride sauce and purée until smooth. Season
- 2. Combine carrots, parsnips and potato. Season

#### **Method for Descriptor C**

For one portion

- 1. Place 200g tuna purée into mould and top with 150g vegetable mash
- 2. Freeze in mould
- 3. To serve, remove mould, defrost and regenerate to core temperature
- 4. Serve with puréed broccoli

### **Method for Descriptor B**

- 1. Purée 125g tuna with 300g Homepride sauce and 270ml vegetable stock
- 2. For the vegetable purée, take 150g of carrot, parsnip and Smash combined and purée with 160ml full fat milk

### **Alternate suggestion**

Substitute tuna for cooked white fish



### Cottage Pie with Sweet Potato Mash

#### Serves 7

### **Ingredients**

1tbsp Vegetable oil

- 1 Onion, chopped
- 1 Clove garlic, crushed

575g Minced beef

100g Peas

100g Carrots, small diced

200ml Made up Bisto Beef Gravy granules

Seasoning

#### **Topping**

45g Smash

200ml Boiling water

250g Sweet potato, cooked and pureed

15g Butter

### **Method for Descriptor C**

- 1. Heat oil and fry onion and garlic for 2 3 minutes or until soft
- 2. Add meat and cook for 5 minutes or until tender, stirring occasionally
- 3. Add the carrots and Bisto, cover and simmer for 20 minutes. Add peas towards the end of cooking so they retain colour. Check the seasoning. Blend to a smooth purée
- 4. Meanwhile make up the Smash as per pack instructions, add the butter and the sweet potato and stir well to blend
- 5. Divide the meat mixture between the moulds and top with the potato mixture
- 6. Chill and then freeze the moulds
- 7. To serve, remove the moulds and regenerate cottage pie to core temperature

### **Method for Descriptor B**

1. As per recipe and method above then refer to quantities below for descriptor B

#### **Quantities – per portion**

120g Meat

115ml Gravy

Combine the above to give the desired consistency

35g Made up Smash 35g Sweet potato 4tbsp Milk Combine the above to give the desired consistency



### Korma Curry

#### Serves 2

### **Ingredients**

1tbsp Vegetable oil

1 Onion, chopped

120g Chicken, diced

180g Sweet potato, cut into small dices

210g Homepride Korma sauce

#### Rice

75g Ground Rice

1.5g Turmeric

Pinch Salt

350ml Boiling water (can be fortified with stock instead of water)

### **Method for Descriptor C**

- 1. Heat oil and cook onion for 2 3 minutes or until soft
- 2. Stir in chicken, sweet potato and korma sauce, simmer for 20 minutes or until sweet potato is soft. Purée until smooth
- 3. Meanwhile, purée the rice and stock until smooth
- 4. Divide the rice between two moulds and then top with the curry
- 5. To serve, remove the moulds and regenerate until core temperature is reached

- 1. Add the water/stock to a pan and bring to the boil
- 2. Gradually whisk in the ground rice, turmeric and salt to the water
- 3. Reduce the heat and cook for 2 minutes, whisking constantly until thickened

### **Method for Descriptor B (3 portions)**

1. Ingredients and method as per above but to reach desired consistency for descriptor B use the following ratios per portion:

125g Curry puréed with 120ml chicken stock 150g Cooked rice puréed with 220ml chicken stock

### **Alternative suggestion**

Try rippling the rice with the curry using a fork Try using Smash puréed with some spring onions instead of rice as an alternative



### Moroccan Lamb Tagine with Cous-Cous

### Serves 12

### **Ingredients**

1tbsp Veg oil 1200g Lamb mince 200g Diced onion 125g Chopped dried apricots 40g Tomato purée 10g Ground cumin 500g Homepride curry sauce

#### Cous-cous

300g Semolina 6g Ground cumin Pinch salt

1400ml Boiling water (can be fortified with stock instead of water)

### **Method for Descriptor C**

- 1. Heat oil and fry the onion (without colour) for 3-4 minutes
- 2. Add the mince and cook for 5 minutes until the mince has browned
- 3. Add the cumin, tomato purée and dried apricots
- 4. Pour in the Homepride curry sauce then cover and simmer for 1 hour until the meat is tender
- 5. Blend to a smooth purée and check consistency

#### For the cous-cous

- 1. Add the water/stock to a pan and bring to the
- 2. Gradually whisk in the semolina, salt and cumin to the water
- 3. Reduce the heat and cook for 2 minutes, whisking constantly until thickened

#### Serving suggestion

Top the semolina with the lamb and serve with thickened natural yoghurt



### Cheese and Tomato Pizza

### Serves 5

### **Ingredients**

275g Baked cheese scone using McDougalls savoury scone mix 275g Homepride Tomato and Basil Sauce 5 Dairylea triangles 10ml Milk

### **Method for Descriptor C**

- 1. Blend the scone to a fine crumb in the blender, add sauce and combine
- 2. Divide the mixture between 5 rings
- 3. Blend the Dairylea with the milk until smooth
- 4. Pipe on the top of the base, so it looks like grated cheese
- 5. Freeze to set
- 6. To serve. Remove the ring and microwave until its hot

### Salmon & Cream Cheese Sandwich

### Makes 15

### fingers or triangles

### **Ingredients**

300g Bread (using McDougalls Bread & Roll mix) - crusts removed 900ml Full fat milk 25g Vegi gel 1 x 212g Tinned salmon (drained)

250g Full fat cream cheese

2 scoops Thick & Easy

### **Method for Descriptor C**

- 1. Heat the milk to 90°c with the bread and blend to a smooth purée. Add the vegi gel and cook out for 2 minutes. Immediately pour the mixture onto a tray lined with cling film. Smooth out the mixture and set on the tray
- 2. Drain the salmon and combine with the cream cheese and blend to a smooth purée. Taste and season as needed. Add the Thick & Easy and set aside for 5 minutes to rehydrate. Add salt and pepper to taste
- 3. When the mix has thickened, transfer to a piping bag. When the bread mix is cold, pipe the salmon mixture over half of the bread sheet. Fold the naked side over and cut into 15 finger sandwiches or triangles



### Double Chocolate Pudding

To make one 25cm x 35cm cake (24 portions)

### **Chocolate Sponge Ingredients**

1kg McDougalls Chocolate Muffin Mix 400ml Water

### **Method**

- 1. Place the McDougalls Chocolate Muffin Mix in a bowl fitted with a whisk
- 2. Add the water and mix for 1 minute on slow speed. Scrape down then mix for a further 4 minutes on medium speed
- 3. Transfer to a greased and lined 25cm x 35cm tin. Bake at 185° C/gas mark 4.5 for approx 25 - 30

### **Angel Delight Ingredients:**

600g Dark Chocolate Angel Delight Mix 2lt Whole milk

### **Method**

- 1. Pour the required amount of milk into a mixing bowl
- 2. Add the Dark Chocolate Angel Delight mix and whisk for 30 seconds on slow speed. Scrape down and mix for a further two minutes on high speed

### **Ingredients & Method for Descriptor C** (2 portions)

150g Made up chocolate sponge 130g Made up Angel Delight 20ml Whole milk

- 1. Blend above ingredients to a smooth purée
- 2. Pipe into clear glasses or bowls

### **Ingredients & Method for Descriptor B** (2 portions)

150g Made up chocolate sponge 130g Made up Angel Delight 100ml Whole milk

- 1. Blend the above ingredients to a smooth purée
- 2. Serve in clear glasses or bowls

### Bird's Custard with Bananas

### Serves 2

### **Ingredients**

3 Bananas (approx 28og) 150g Bird's Ready To Use Custard

### **Method**

1. Purée the bananas and custard

### **Method for Descriptor C**

- 1. Follow method above but add 2 scoops of Thick and Easy
- 2. Divide between two clear serving dishes

### **Method for Descriptor B**

- 1. Add 120ml full fat milk and mix (do not add thick and easy)
- 2. Divide between 2 clear serving dishes







### Spiced Somerset Apple Cake with Ambrosia Custard

To make one 25cm x 35cm cake (8-10 portions)

### **Ingredients**

675g McDougalls Plain Sponge Mix 325ml Water 225g Canned apple 25g Demerara sugar 5g Mixed spice

#### Method

- 1. Place the sponge mix in a bowl fitted with a whisk. Add the water and mix for 1 minute on slow speed. Scrape down then mix for a further 4 minutes
- 2. Stir in the apples
- 3. Transfer to a greased and lined 25cm x 35cm tin and sprinkle with the sugar and spice
- 4. Bake at 190° C/gas mark 5 for 20 25 minutes or until golden brown and firm to the touch

### **Ingredients & Method for Descriptor C** (1 portion)

75g Somerset sponge 65g Ambrosia custard 2tbsp Natural full fat yogurt

- 1. Blend above ingredients to a smooth purée
- 2. Serve in clear glasses or bowls

### Ingredients & Method for Descriptor B (1 portion)

75g Somerset sponge 65g Ambrosia custard 5tbsp Full fat natural yoghurt 4tbsp Full fat milk

- 1. Blend the above ingredients to a smooth purée
- 2. Serve in clear glasses or bowls

### Scones with Jam and Cream

### Serves 2

### **Ingredients**

2 6cm Plain scones made with McDougalls Scone mix 140g Single cream 2tbsp Seedless raspberry jam 1 scoop Thick and Easy (if required) 2tbsp Clotted cream

### **Method for Descriptor C**

- Place the scones and cream into a food processor and blend until smooth
- 2. Place into small round moulds approximately 3cm diameter or pipe freehand straight onto a plate
- 3. Thicken jam with Thick and Easy and pipe in a swirl over the scone
- 4. If desired top with clotted cream. Check consistency of cream and if needed thicken with thick and easy to get the correct consistency



### Black Cherry Cheesecake

### Serves 10

### **Ingredients**

150g Bird's Cheesecake Crumb Mix 500ml Full fat milk 10g Vegi gel 170g Bird's Cheesecake Filling mix 450ml Cold full fat milk 250ml - Black cherry coulis 5g Vegi gel

#### **Method**

- 1. Place the crumb in a pan with the milk and bring to a slow simmer. Add the vegi gel and continue to stir whilst simmering for 2 minutes to allow the gel to cook out
- 2. Grease a 20cm/8inch spring clip tin, pour in the biscuit mixture
- 3. Pour milk into a bowl fitted with a whisk. Add the cheesecake filling mix and whisk for 1 minute on a slow speed, scrape down and whisk for a further 2 minutes on medium speed
- 4. Pour into the tin over the base. Smooth over the top and chill well
- 5. Pass the coulis through a fine sieve to ensure no bits, then bring to a simmer. Add Vegi gel then simmer for a further 5 minutes to activate the Vegi gel. Pour into a tub and leave to set
- 6. Decorate the cheese cake with the thickened coulis on top then slice and serve



### Orange Pastry

#### Serves 12

### **Ingredients**

250g Cooked Mcdougalls Pastry Mix 300ml Milk 200ml "no-bits" orange juice 10g Vegi gel



#### **Method**

- 1. Place the pastry into a food processor. Blend to a fine crumb
- 2. In a pan add the pastry crumb, orange juice, and milk and gently bring to the boil. Add the Vegi gel and whisk to ensure all the ingredients are mixed together. Simmer for 2 minutes
- 3. Then pour onto a tray lined with cling film, cover with cling film and roll out, so you get a thin layer. Leave to set, then cut out and use as a base for any sweet pastry recipe

### Ambrosia Rice Pudding with Peaches

#### Serves 3

### **Ingredients**

400g Ambrosia Rice Pudding 4tbsp Thick and Easy 240g Peaches, drained weight 1 tbsp Thick and Easy

### **Method for Descriptor C**

- 1. Purée the rice pudding until smooth then stir in the 4tbsp Thick and Easy
- 2. Puree the peaches until smooth then stir in the 1 tbsp Thick and Easy
- 3. Layer the rice pudding and fruit into clear glass serving dishes

### **Method for Descriptor B**

Follow method above but omit the Thick and Easy

# Dementia Recipes

### Salmon and Leek Tart

Serves 10

### **Ingredients** 16oml Cold Water

500g Diced Salmon Fillet – skinless and boneless 350ml Whole milk 2 Eggs 150g Leeks - sliced 125g Cherry tomatoes - halved 100g Baby spinach – steamed, excess moisture squeezes out 75g Grated Cheese 45g Batchalors Bechamel Sauce Mix 1 tbsp Veg oil Salt and Pepper – to taste

#### Method

- 1. Place the pastry mix in a bowl fitted with a beater and blend in the cold water on slow speed until a dough just forms. DO NOT OVER MIX
- 2. Roll out and use to line a 30cm (10") flan tin or 2 oblong tart tins. Blind bake at 190c for 15 minutes
- 3. Mix half the milk with the Batchalors Bechamel mix to form a paste. Heat the remaining milk in a pan then add the paste. Cook gently for 4 minutes until thickened, then set aside to cool
- 4. Sweat the leek in a pan with the oil until soft then remove from the heat and combine with the salmon and tomatoes
- 5. Evenly fill the tart case with the salmon, tomato and leek mixture and sprinkle over the grated cheese
- 6. Whisk the eggs into béchamel sauce mix and season to taste. Pour the egg mixture over the salmon to fill the tart case
- 7. Cook at 170c for 25 minutes until set

Can be served as a hand held snack or finger food lunch with tomatoes, hard-boiled egg and potato wedges





### Loaded Vegetable Pizza

Serves 10

### **Ingredients**

500g McD Soft Bap Mix 150g Grated Carrot 150g Grated Courgette 150g Tinned Cannellini Beans - drained 200ml Warm Water 6 Vegetarian sausages – chopped into small pieces 300g Homepride Tomato and Basil sauce 200g Green Peppers - diced 300g Grated Cheese

### **Method**

- 1. Place the McD Soft Bap Mix, carrot, courgette in a mixer bowl fitted with a dough hook. Blend in the warm water and mix on a medium speed for 8 minutes
- 2. Add the beans and mix through the dough for 1 minute so they don't breakdown
- 3. Roll the dough out into a rectangle to fit a greased 25cm x 35cm (10" x 14") tin. Prick the base with a fork and leave to rise for 5 minutes or 15 minutes for a deep pan pizza.
- 4. Bake in a preheated oven 200c for 8-10 minutes, until well risen and slightly golden.
- 5. Mix together the vegetarian sausage 200g of the tomato and basil sauce
- 6. Spread the remaining sauce over the part baked pizza base. Scatter the sausages and peppers over and top with the grated cheese.
- 7. Return to the oven for a further 10-15 minutes

#### Note

The beans and vegetarian sausages give good levels of protein to the pizza. Protein can be boosted further by adding other meat toppings - but make it not suitable for vegetarian diets.

### Pork and Chicken Lattice

### Serves 10

### **Ingredients**

800g McD Shortcrust Pastry Mix 285ml Cold Water 300g Diced Chicken Breast 300g Minced Pork 100g Paxo Stuffing 150ml Hot Water 2 Eggs Salt and Pepper – to taste 10g Poppy or Nigella Seeds

### Method

- 1. Place the pastry mix in a bowl fitted with a beater and blend in the cold water on slow speed until a dough just forms. DO NOT OVER MIX
- 2. In a separate bowl pour the hot water over the Paxo Stuffing, allow to soak in and cool - This will be a slightly firmer mix than normal
- 3. Combine the pork and chicken with the cooled stuffing and 1 of the eggs and season to taste
- 4. Roll out the pastry to a 20" x 12" rectangle
- 5. Form the meat mixture into a long sausage shape and place in the middle of the pastry
- 6. Cut the pastry either side of the filling into 2cm strips and fish tail plait over the filling
- 7. Use the remaining egg to make an egg wash and brush all over the pastry
- 8. Sprinkle the seeds over the pastry and bake at 18oc for 25 minutes until golden brown and cooked through



### Deconstructed Finger Food Roast Dinner

Serves 10

### **Ingredients**

1200g Roast Chicken Breast 20 Mini Yorkshire Puddings 800g Chantenay Carrots - cooked 800g Cauliflower Florets - cooked 700g Mangetout or Green Beans - cooked 30 x Smash and Paxo Croquettes (see separate recipe) 500ml Bechamel Sauce (see separate recipe) 500ml Bisto Gravy (see separate recipe)

#### **Method**

1. Serve all the ingredients in bite size portions with a 50g dipping pot of Bisto gravy and 50g Batchelors béchamel sauce for the cauliflower

### **Smash and Paxo Croquettes**

### Makes 34 x 40g balls Ingredients

800ml Boiling Water 250g Smash 150g Paxo Stuffing 100ml Double Cream 2 Whole Eggs Salt and Pepper – to taste

#### Method

- 1. In a bowl mix together the Smash and Paxo then pour over the water and mix until smooth
- 2. Add the cream and eggs and season to taste
- 3. Roll into 4og balls
- 4. Deep fry at 170c until golden brown

### **Bechamel Sauce Ingredients**

500ml Whole Milk 85g Bachelors béchamel sauce mix 75g Cheddar Cheese - grated

### **Method**

- 1. Mix half of the milk with the béchamel sauce mix to make a paste
- 2. Heat the remaining milk in a pan to a simmer
- 3. Add the paste to the milk and cook gently for 5 minutes until thickened
- 4. Remove from heat and stir through the grated cheese

### **Bisto Gravy Ingredients**

40g Bisto Gravy Granules 56oml Boiling Water

#### Method

1. Pour the water over the Bisto granules and stir vigorously until you get a smooth gravy

### Baked Egg Custard Tart

### Serves 10

### **Ingredients**

450g McD Shortcrust Pastry Mix 16oml Cold Water 400ml Ambrosia RTS Custard 200ml Double Cream 3 Whole Eggs 5g Ground Nutmeg

#### Method

- 1. Place the McD Pastry mix in a bowl fitted with a
- 2. Blend in the cold water on slow speed until a dough just forms - DO NOT OVER MIX
- 3. Roll out and use to line a 30cm (10") flan tin. Bake blind at 190c for 15 minutes
- 4. Combine the custard, cream and eggs in a bowl, then mix well
- 5. Pour the custard mixture into the cooked pastry case and sprinkle with the nutmeg
- 6. Cook the tart for 15-20 minutes at 170c until just set

### Tip

This custard mixture can also be used for crème brulee or Portuguese custard tarts



### Ambrosia Custard or Rice Pots with Fruit

### Serves 1

### **Ingredients**

120g Ambrosia Custard Pot 40g Strawberries - prepared 40g Kiwi - wedges 40g Pineapple - pieces 40g Mango - pieces

#### Method

1. Serve the fruit in bitesize pieces that can be picked up and dipped in the Ambrosia pot

### Tip

Good easy snack option to have available 24hrs



### Sticky Toffee Pudding

### Serves 14

### **Ingredients**

1kg McD Carrot Cake Mix 300g Chopped Dates 100ml Veg oil 450ml Water - boiling 5g Bi-carb Soda

#### Method

- 1. Pour the hot water over the dates and add the bi-carb soda. Leave to soak for 15 minutes until soft
- 2. Blend the dates with the soaking liquid and oil together to a paste
- 3. Place the Carrot Cake Mix in a bowl and select the beater attachment
- 4. Add the date puree and mix on slow speed for 1
- 5. Scrape down and mix on medium speed for 4 minutes
- 6. Pour into a greased and lined tin and bake at 18oc for 35 minutes

### **Toffee Sauce Ingredients**

250ml Double Cream 200g Light Soft Brown Sugar 100g Butter

#### **Method**

- 1. Combine all the ingredients in a pan and bring to the boil
- 2. Once the cake is cooked, remove from the oven then stab all over with a skewer
- 3. Pour the warm toffee sauce all over the cake until the toffee sauce has absorbed into the cake

#### Tip

Serve with clotted cream or Birds ice cream and extra toffee sauce



### Spiced Oaty Chocolate Traybake

### Serves 20

### **Ingredients**

800g McD Chocolate Sponge Mix 2 Tsp. Mixed Spice 400ml Water 75g Rolled Oats 200g Raisins 50g Demerara Sugar

#### **Method**

- 1. Place the McD chocolate cake mix and mixed spice in a bowl fitted with a whisk
- 2. Blend in the water on slow speed for 30 seconds. Scrape down and mix on medium speed for a further 4 minutes
- 3. Gently mix in 50g of the oats and all the raisins then transfer to a greased lined 25cm x 35cm (10" x 14") baking tin. Sprinkle with the demerara sugar and the remaining oats
- 4. Bake at 18oc for 25-35 minutes. Portion once cool.



### Fruit and Nut Bramley Slices

### Serves 10

### **Ingredients**

450g McDougalls Sponge Mix 225ml Water 200g Bramley Apples. Peeled and grated. 50g Sultanas 1x5ml Cinnamon 50g Flaked Almonds 25g Icing Sugar

### **Method**

- 1. Place the mix in a bowl.
- 2. Blend in the water using a whisk on slow speed for 1 minute.
- 3. Scrape down and mix for a further 4 minutes on medium speed.
- 4. Chop the apples into small pieces and then mix them with the sultanas and cinnamon into the sponge.
- 5. Pour the batter into a greased 25cm x 20cm (10 x 8 inch) tin.
- 6. Sprinkle with the almonds and bake at 170C/325F/Gas Mark 3 for 25-35 minutes.
- 7. When cool, dust with icing sugar and cut into slices.





### Chocolate Milkshake

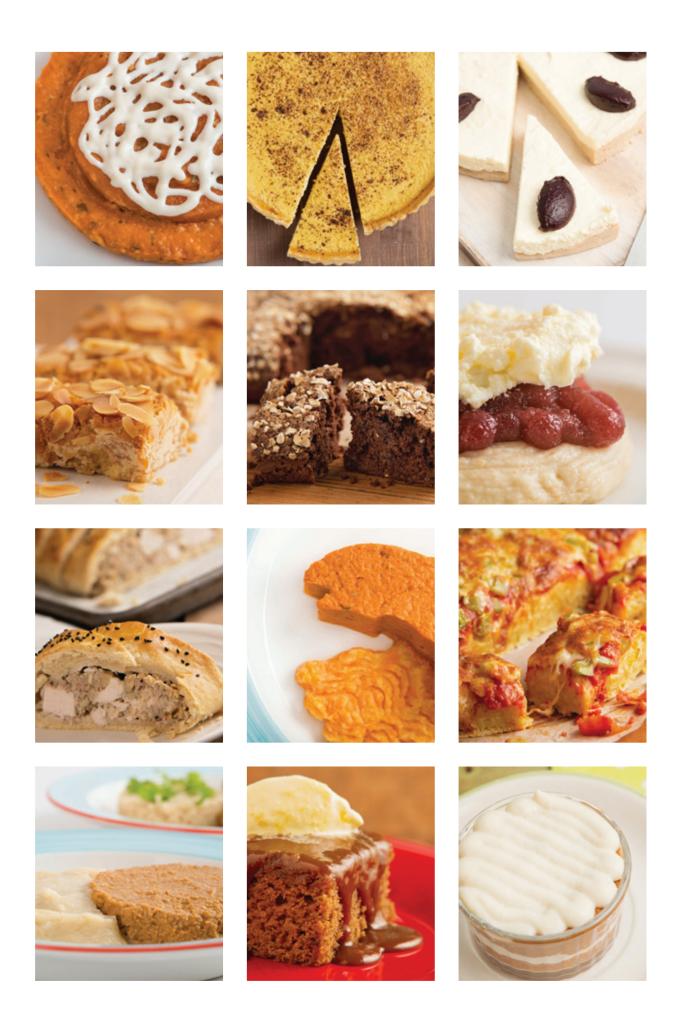
### Serves 1

### **Ingredients**

150ml Full Fat Milk 20g Drinking Chocolate 1 scoop Birds Ice Cream 20ml Double Cream

### **Method**

1. Blend all ingredients together until smooth













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