

		
<b>1. Use Diced or Minced Product</b>	<b>2. Strain off Excess Liquid</b>	<b>3. Process</b>
		
<b>4. Season</b>	<b>5. Take Temperature</b>	<b>6. Test</b>
<b>Spoon Tilt Test</b> 	<b>Fork Drip Test</b> 	<b>Fork Pressure Test</b> 
<p><b>Hold shape on spoon</b></p> <p><b>Not firm and sticky</b></p> <p><b>Little food left on spoon when tilted</b></p>	<p><b>Sample sits in a mound above the fork</b></p> <p><b>Small amount may flow through the fork prongs</b></p> <p><b>Does not flow or drip continuously through the fork prongs</b></p>	<p><b>Prongs of fork can make a clear pattern on the surface</b></p> <p><b>Food retains the indentation from the fork</b></p> <p><b>No lumps</b></p>

1. Follow standard recipes
2. Puree food in Food Processor **WITHOUT ADDING LIQUID** until **“DESIRED CONSISTENCY”**
3. **NEVER ADD WATER** - Use Broth, Juice, Sauce, Gravy, Milk if a small amount of fluid is needed
4. **DO NOT ADD Commercial THICKENER UNLESS ABSOLUTELY NECESSARY.** If thickener is needed **use only 1 tablespoon at a time** or try to use food as thickener instead e.g. Potato Flakes, Breadcrumbs or Rice Pablum
5. **TASTE ALL PUREES BEFORE SERVING THEM** – Season “to taste” as needed with salt, pepper and butter. If the puree food does not taste good the residents won’t eat it and this will put them at risk of losing weight, poor skin integrity and malnutrition.
6. The **“DESIRED CONSISTENCY”** is a smooth and consistent texture that sits upright on plate and is not runny. It must have no lumps or be sticky. Liquid must not be separate from solid