

Pureed Diet

How to safely puree foods

How can I safely puree foods?

Pureed foods are best prepared with a food processor. You can also use a hand blender or common household blender. To save time you can puree food in bulk in order to freeze for future meals. You can also puree a single portion from a meal you have already prepared. If the food you are pureeing is already cooked and cooled, it is best to puree it before re-heating.

Steps to puree foods:

1. Put the amount of cooked food you want to puree in the food processor or blender.
2. Process or blend the food until it is a fine texture. Some processors and blenders may have setting called puree.
3. Check the texture. Pureed foods should be a fine, smooth texture. They should have no lumps or chunks. And they should be moist.
4. Add liquid if your pureed food is too dry. Add hot liquids to hot food and cold liquids to cold foods. Add liquid slowly so that your pureed food does not get too thin. Adding water is not the best choice. It can water down the taste and nutrition.

What can I add if my pureed food is too dry or thick?
<ul style="list-style-type: none">• milk• broth• butter• juice (fruit or vegetable)• gravy• sauce (tomato or alfredo)• cream• soup

5. Add seasonings or flavorings. You can add things like pepper, herbs, spices, sugar or salt.

Flavour Tips
<ul style="list-style-type: none">• Add sugar or cream to pureed fruits and vegetables (canned or cooked).• Add salad dressing to pureed vegetables (canned or cooked) or salads (potato, 3-bean, pasta).• Cook meats and vegetables with herbs and spices.• Add salt or fats, like butter or margarine, to meats and vegetables.• Add condiments, like BBQ sauce, to meats.

6. Re-heat foods that should be served hot. Store cool foods in the fridge or freezer for future meals.

Serving Tips
<ul style="list-style-type: none">• Eat the same food that the rest of the family is eating when possible.• Serve hot food hot and cold food cold.• Use colourful plates and dishes.• Use garnishes. For example, add a dollop of sour cream in soup or drizzle chocolate sauce on desserts.• Layer foods that go together. For example layer a pureed chili over mashed potatoes.• Avoid mixing pureed foods together. For example mixing pureed carrots and pureed peas would make an unattractive colour.