

# *Sample Recipes*



# Molded Puree Fish Fillet

## INGREDIENTS

Fish, hake, frozen, raw	800g
Stock, powder, dry	2 tsp
Butter, nfs	150g
Food Mold Thickener	40g
Fresh Milk	300 mL
Enrich Plus - WPI	60g

Yields 900g (66% of 1370g)  
Makes 12 Serves (75g per serve)

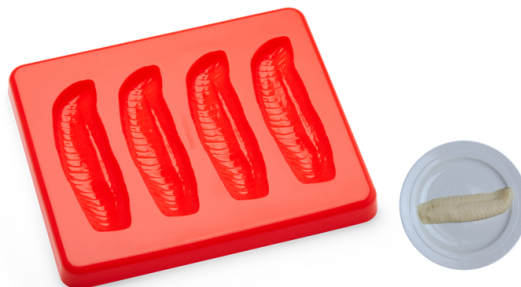
## METHOD

Use 3 fish fillet silicone mold trays

1. Poach fish in milk and seafood booster
2. Add fish and liquid into blender along with melted butter and blend.
3. Add protein powder and thickener and blend
4. Spread thickend mixture into molds and cover with mold lid and place in freezer
5. Serve with tasty white sauce

## ANALYSIS SUMMARY

	Quantity per Serving	Quantity per 100g
EnergyNoDF (kJ)	807.54kJ	1076.72kJ
Protein (g)	16.80g	22.39g
Total fat (g)	10.75g	14.33g
Carbohydrate (g)	4.87g	6.49g
Dietary fibre (g)	?g	?g
Sodium (mg)	250.61mg	334.15mg
Potassium (mg)	>92.76mg	>123.68mg
Calcium (mg)	>60.08mg	



# Molded Baby Carrots

## INGREDIENTS

Carrot,mature,peeled,raw	1 kg
Stock,powder,dry, Vegetable stock powder	1 tsp
Enrich Plus - WPI	60g
Food Mold Thickener	30g

Yields 900g (82% of 1094g)  
Makes 18 Serves (50g per serve)

## METHOD

1. Wash and prepare carrots
2. Steam until just tender
3. Puree carrots
3. Add protein powder, butter and thickener and blend.
4. Look for puree consistency that is thick enough to stay on an inverted spoon. If necessary add more thickener.
5. Using dough spatula spread puree mixture into molds
6. Cover with mold lid and place in freezer

## ANALYSIS SUMMARY

	Quantity per Serving	Quantity per 100g
EnergyNoDF (kJ)	136.87kJ	273.74kJ
Protein (g)	3.44g	6.88g
Total fat (g)	0.11g	0.22g
Carbohydrate (g)	4.45g	8.90g
Dietary fibre (g)	>2.17g	>4.33g
Sodium (mg)	67.28mg	134.56mg
Potassium (mg)	>183.42mg	>366.84mg
Calcium (mg)	>30.62mg	>61.25mg



# Molded Turkey Breast

## INGREDIENTS

Turkey,breast,lean,baked	600g
FRESH MILK	300 mL
Enrich Plus - WPI	60g
Stock,powder,dry	2 tsp
Food Mold Thickener	15g
Butter,nfs	65g

Yields 900g (85% of 1060g)  
Makes 12 Serves (75g per serve)

## METHOD

Use 2 silicone chicken mold trays

1. Cook turkey, cool and remove flesh from bones.
2. Blend meat, milk, melted butter and stock until smooth
3. Add protein powder and food thickener and blend.
4. Spread contents into mold tray
5. Cover with mold lid and place in the freezer.
6. Serve with golden roast chicken gravy

\* This recipe can be done with roast chicken

## ANALYSIS SUMMARY

	Quantity per Serving	Quantity per 100g
EnergyNoDF (kJ)	648.81kJ	865.07kJ
Protein (g)	20.31g	27.08g
Total fat (g)	6.92g	9.23g
Carbohydrate (g)	2.84g	3.79g
Dietary fibre (g)	?g	?g
Sodium (mg)	276.39mg	368.52mg
Potassium (mg)	>256.20mg	>341.60mg
Calcium (mg)	>62.81mg	



# Molded Puree Broccoli

## INGREDIENTS

Broccoli,fresh,cooked,nfs	960g
Enrich Plus - WPI	40g
Butter,nfs	30g
Food Mold Thickener	35g

Yields 1080g (101% of 1065g)  
Makes 24 Serves (45g per serve)

## METHOD

1. Wash and prepare broccoli cutting off stems and using predominately broccoli florets
2. Steam until just tender
3. Puree broccoli
3. Add protein powder, butter and thickener and blend.
4. Using dough spatula spread puree mixture into molds
5. Cover with mold lid and place in freezer

## ANALYSIS SUMMARY

	Quantity per Serving	Quantity per 100g
EnergyNoDF (kJ)	137.60kJ	305.78kJ
Protein (g)	3.78g	8.39g
Total fat (g)	1.19g	2.65g
Carbohydrate (g)	1.61g	3.59g
Dietary fibre (g)	>1.88g	>4.18g
Sodium (mg)	20.00mg	44.44mg
Potassium (mg)	>167.81mg	>372.91mg
Calcium (mg)	>23.53mg	



# Molded Puree Peas

## INGREDIENTS

Pea,green,frozen,boiled,drained	1 kg
Enrich Plus - WPI	30g
Butter,nfs	20g
Food Mold Thickener	20g

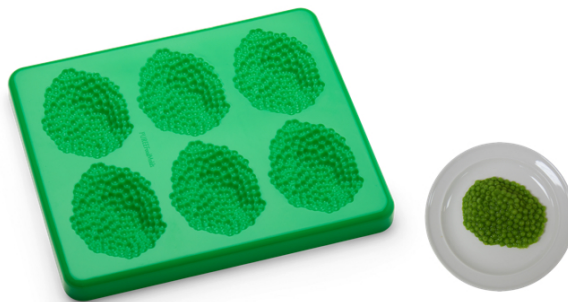
Yields 900g (84% of 1070g)  
Makes 18 Serves (50g per serve)

## METHOD

1. Blanch frozen peas in hot water to defrost
3. Puree peas well ensuring no skins are present in final puree
3. Add protein powder, melted butter and thickener and blend.
4. Using dough spatula spread puree mixture into molds
5. Cover with mold lid and place in freezer

## ANALYSIS SUMMARY

	Quantity per Serving	Quantity per 100g
EnergyNoDF (kJ)	196.67kJ	393.33kJ
Protein (g)	4.77g	9.54g
Total fat (g)	1.14g	2.28g
Carbohydrate (g)	4.47g	8.94g
Dietary fibre (g)	>4.17g	>8.33g
Sodium (mg)	9.69mg	19.38mg
Potassium (mg)	>81.96mg	>163.91mg
Calcium (mg)	>22.10mg	



# Molded Puree Pumpkin

## INGREDIENTS

Pumpkin,peeled,cooked,nfs	960g
Enrich Plus - WPI	80g
Butter,nfs	20g
Food Mold Thickener	90g

Yields 1080g (94% of 1150g)  
Makes 24 Serves (45g per serve)

## METHOD

1. Peel and wash pumpkin
2. Steam until just tender
3. Puree pumpkin
3. Add protein powder, melted butter and thickener and blend.
4. Using spatula spread puree mixture into molds
5. Cover with mold lid and place in freezer

## ANALYSIS SUMMARY

	Quantity per Serving	Quantity per 100g
EnergyNoDF (kJ)	210.66kJ	468.14kJ
Protein (g)	3.62g	8.05g
Total fat (g)	0.79g	1.76g
Carbohydrate (g)	7.17g	15.93g
Dietary fibre (g)	>1.16g	>2.58g
Sodium (mg)	9.21mg	20.46mg
Potassium (mg)	>168.05mg	>373.44mg
Calcium (mg)	>23.55mg	

