

Easy and delicious pureed vegetables

Chef Joshua Weissman recommends these vegetables for easy pureeing:

- Winter squash, such as butternut squash, acorn squash, and pumpkin.
- Beets, cauliflower, frozen peas.
- Others: carrots, sweet potatoes, parsnips, rutabaga, turnips, spinach.

Cook your vegetable: In most cases - overcook the vegetable until super soft.

- Add herbs or spices as desired.
- Roast, saute, boil, steam, pressure cook.
- Don't overcook peas.

Remove vegetable skin, seeds, and stems after cooking

- Pro tip: to remove skin from butternut squash after it's cooked, place a wire rack over a pan or bowl, cut side down. Push the squash through the rack, leaving behind the skin.

Pick a liquid to blend with: milk, stock, broth, soup, cream, red wine vinegar, water, etc.

Blend the vegetable:

- Wait until at least somewhat cool before blending (see your device's directions).
- Add just enough liquid to let it start blending.
- Pause occasionally to tamp down the vegetable with a spatula for smooth puree.
- Add additional liquid to achieve your desired thickness.
- Blend until very smooth.
- Add some oil or cold butter near the end to make it silky smooth and rich.

Finishing touch:

- Use an ice bath to prevent the puree from getting grainy, stiff, or separating.
- Put the puree into a bowl, then place that bowl directly on a pile of ice that is in a larger bowl. Stir for 1-2 minutes.

SOURCE: Weissman, J. (2019, April 23). *The guide to making insanely smooth purées out of anything* [Video]. YouTube. <https://youtu.be/RL0j8hj0nto>

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Learn more: <https://eatspeakthink.com/how-to-make-pureed-food-taste-good-2>

How to puree meat

Choose a “tough” cut of meat for more flavor and a smoother puree

- Dark meat, like chicken thighs or turkey dark meat
- Ground meat (beef, chicken, turkey)
- Beef chuck roast, short ribs, or pork shoulder
- Avoid lean, dry, or stringy cuts of meat like chicken breast, sirloin, or pork loin.

Slow-cook the meat until it's fall-apart tender for best flavor and a smooth puree.

- Slow cooker or Crockpot
- Braise or oven roasting in a covered dish
- Sous Vide - cook vacuum-sealed meat in a water bath

Remove skin, bone, and fat before pureeing

Liquid to use when pureeing meat: cooking juices, broth, stock, or gravy for best flavor

Pureeing warm meat (may work best with high-powered blenders)

- Allow the meat to cool a bit before pureeing. (See your device's instructions for safety.)
- Cut the meat into chunks and place in a blender or food processor.
- Add $\frac{1}{3}$ cup of liquid for each 2-3 ounces of warm meat.
- Puree until smooth.

Pureeing cold meat (may work best with standard food processors)

- Refrigerate cooked meat for at least 2 hours.
- Cut into 1-inch pieces.
- Add 1 cup of the cold meat to your food processor or blender.
- Blend the meat until it's “powdery”, almost like sand.
- Add $\frac{1}{4}$ to $\frac{1}{2}$ cup of liquid per 1 cup of “powdered” meat to make the puree.

Optional final touches

- Blend in $\frac{1}{4}$ teaspoon salt and $\frac{1}{2}$ teaspoon of spices per 1 cup of pureed meat.
- To improve texture and richness, blend in a small amount of fat, such as butter, mayonnaise, oil, sour cream, or yogurt.

- Foodservice Express. (2011, June 3). *Dysphagia - The pureed diet made easy* [Video]. YouTube. <https://www.youtube.com/watch?v=6urEz2ynTnk>
- wikiHow. (n.d.). How to puree meat. <https://www.wikihow.com/Puree-Meat>