

How to puree vegetables and meat

How to puree vegetables

- Pick your vegetable(s).
 - Liquid such as milk, stock or broth, heavy cream.
 - Fat such as butter or oil.
1. Cook the vegetable - make it as soft as possible (don't overcook peas).
 2. Remove skin and seeds.
 3. Put into a food processor and puree with the liquid.
 4. Add the fat and puree a little more. If using butter, use cold butter.
 5. Once it's smooth, scoop the puree into an ice bath. Put a glass or metal bowl on top of ice sitting in a larger container and stir it for a minute to chill it. This helps to keep the puree from becoming grainy or stiff.

SOURCE: Joshua Weissman's YouTube tutorial video "The Guide to Making Insanely Smooth Purees out of Anything" (<https://bit.ly/3JAsqM5>)

How to puree meat

- Start with well-cooked meat. Remove skin, bone, and fat. Dice it.
 - Liquid such as broth, meat juices, milk, sauces, or gravy.
1. Put meat into food processor.
 2. Add $\frac{1}{3}$ cup of hot liquid for each 2-3 ounces of hot meat. (Another source says cold meat is easier to puree. You may want to experiment.)
 3. Puree until smooth.

SOURCE: FoodserviceExpress YouTube tutorial video "Dysphagia - The Pureed Diet Made Easy" (<https://bit.ly/32FVYXS>)