

Tips for pureeing food

General tips:

- Cook food until soft.
- Cut into small chunks.
- Place into a blender or food processor (allow to cool a little).
- OR use an immersion blender.
- Add a little liquid and puree or blend.
- Keep adding a little liquid until you have a smooth puree.

It can be difficult to keep the flavor in meat when pureeing. Here are tips from WikiHow:

- Cook the meat. Slow cooking is best for flavor – braise, boil, slow cook, or pressure cook.
- Refrigerate for at least 2 hours.
- Chop into 1-inch pieces.
- Put a cup of meat into your food processor or blender.
- Blend the meat until it's fine and powder, almost like sand.
- Then add ½ cup of water, meat broth, or reserved cooking liquid per cup of meat.
- Safe in refrigerator for 3-4 days. Or freeze it.
- Add ¼ teaspoon salt and ½ teaspoon of spices of your choice to 1 cup of pureed meat.

If the puree is too thin, thicken it by adding more food, dried potato flakes, gelatin, flour, or a commercial thickener such as Simply Thick (877-533-0703) or ThickIt (800-333-0003).

People who eat a modified diet are at risk for protein-energy malnutrition. Use a different liquid instead of water when pureeing foods. <https://iddsi.org/faq/> For example:

- Milk or cream.
- Butter.
- Cheese.
- Gravy.
- Cream soup.
- Sour cream.

See the [Practical guide to pureed food at home](https://eatspeakthink.com/guide-pureed-food): <https://eatspeakthink.com/guide-pureed-food>.

Pureed foods: Tasty ideas

Choose a compatible liquid when pureeing foods:

- Applesauce
- Guacamole
- Salsa
- Sour cream
- Yogurt
- Butter
- Whipping cream
- Milk (dairy, soy, rice, cashew, coconut)
- Maple syrup
- Peanut butter
- Broth
- Tomato sauce
- Tomato juice (V8)
- Ensure or Boost

Specific combinations from people who eat a pureed diet:

- Cooked rice and butter.
- Cooked rice with coconut milk (or yogurt), frozen fruit, walnuts, and honey.
- Chicken and applesauce.
- Pork and applesauce.
- Oatmeal with peanut butter and melted chocolate chips.
- Peanut butter & jelly sandwich and milk.
- Baked potato and beef broth.
- Ensure with banana and strawberries and canned peaches.
- Scrambled eggs with cottage cheese and milk.
- Soak banana bread in milk and then puree it.
- Baked sweet potato with butter, cinnamon, ground ginger, nutmeg, maple syrup (or brown sugar).

Source: Facebook Dysphagia Foods & Recipes Group
<https://www.facebook.com/groups/271415403304438/>

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