



Preparation Instructions:

For all Meats, Vegetables, Breakfast & Specialty Products which require cooking

Please visit our website:

www.medtrition.com for video clips of various preparation techniques.

Puree HOT LINE- 1-877-271-3570

Do you have a question about how to prepare Purees? Call our Hot Line for answers 8 AM to 4 PM EST M-F.

- Due to variances in manufacturers' equipment all instructions may need to be slightly modified to obtain the best results in your kitchen. Refer to table on reverse side for recommended cook times and temperatures for your cooking method. Your individual cooking temperatures may vary based on your equipment.
 - **For best results we recommend to prepare all hot items in trays from frozen state.**
 - When still frozen, before cooking, tap the mold until product releases. This will help to avoid product sticking in tray after it is cooked.
 - If preparing items from a thawed state, please thaw under refrigeration for 24 hours prior to cooking.
 - Cooked product must reach an internal temperature of at least 74°C (165°F). (77 - 82°C {170-180°F} for Mac & Cheese and Spaghetti & Meat Sauce).
 - Always use a properly calibrated thermometer when checking temperatures.
 - After cooking, vent corner of tray and let portion stand for 3 to 5 minutes. Remove film completely from tray, fan sides of product to loosen, flip over and tap until product releases from tray.
 - **Do not overcook – this will result in product overflowing the trays.**
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Microwave: (from frozen)

Using a 1,400 watt microwave, place puree portion inside microwave oven, film side up. Do not remove or puncture film. Cook on MEDIUM POWER SETTING until a minimum internal temperature of 74°C (165°F) is reached. (77 - 82°C {170-180°F} for Mac & Cheese and Spaghetti & Meat Sauce). DO NOT OVERCOOK. After cooking, vent corner of tray and let portion stand for 3 to 5 minutes. Remove film completely from tray, fan sides of product to loosen, flip over and tap until product releases from tray.

Please note: No more than 340 g (12 oz) of pasta should be prepared in the microwave at a time. **If preparing 3 portions: From Frozen:** Cook on HIGH POWER SETTING

until an internal temperature of 74° C (165°F) is reached. (77 - 82°C {170-180°F} for Mac & Cheese and Spaghetti & Meat Sauce).

Steamer / Convection Oven / Conventional Oven: (from frozen)

Place puree portion, film side up, in steamer pan, on baking pan or tray. Do not remove or puncture film. Bake in preheated oven until an internal temperature of 74°C (165°F) is reached. (77 - 82°C {170-180°F} for Mac & Cheese and Spaghetti & Meat Sauce). DO NOT OVERCOOK. After cooking, vent corner of tray and let portion stand for 3 to 5 minutes. Remove film completely from tray, fan sides of product to loosen, flip over and tap until product releases from tray.

From Thawed: Cook until an internal temperature of 74°C (165°F) is reached. (77 - 82°C {170-180°F} for Mac & Cheese and Spaghetti & Meat Sauce).

Please note: Keep portion at least 15 cm (6 inches) away from heating element when using a conventional oven.

Stove Top: (from frozen or thawed)

Fill 2.5 cm (1 inch) of water into a flat pan or cooking vessel. Turn stove on medium heat and wait until water begins to simmer. Place puree portion film side up into the water. Do not remove or puncture film. Water should not cover top of portion. Cover cooking vessel with lid or foil. Simmer until an internal temperature of 74°C (165°F) is reached. (77 - 82°C {170-180°F} for Mac & Cheese and Spaghetti & Meat Sauce). DO NOT OVERCOOK. After cooking, vent corner of tray and let portion stand for 3 to 5 minutes. Remove film completely from tray, fan sides of product to loosen, flip over and tap until product releases from tray.

Holding on Steam Table: (for holding purposes only)

Product to be held on the steam table before serving should always be kept in the tray with film intact to maintain moisture. Can be held on steam table at minimum 60°C (140°F) for up to 1.5 hours. Place cooked product in pan and add between 85 - 113 mL (3 to 4 fl.oz.) of water to help retain moist environment. Keep covered with foil or pan lid in between serving.

Retherm: For quality and food safety purposes, products must be cooked to an internal temperature

of at least 74°C (165°F). (77 - 82°C {170-180°F} for Mac & Cheese and Spaghetti & Meat Sauce) prior to unmolding, plating and placing in retherm.

Please follow your retherm manufacturers handling guidelines for optimal product performance.

Out of Tray: (from frozen only)

IMPORTANT: Egg, Mac & Cheese, Spaghetti & Meat Sauce Pasta, Waffle, Bread, French Toast, and Pizza cannot be prepared "Out of Tray"

Place frozen puree portion on non-stick or lightly greased baking pan. To help prevent "crusting" of product, place a small amount of water in pan (85 - 113 mL {3 to 4 fl.oz}) for a standard 30 x 50 cm (12" x 20") hotel pan and cover with foil. Bake at 135o C (275°F) until an internal temperature of 74°C (165°F). (77 - 82°C {170-180°F} for Mac & Cheese and Spaghetti & Meat Sauce). Approximately 1 hour 20 minutes cooking time. Uncover and serve.

Please note: PRODUCT SHAPES WILL SLIGHTLY DEFORM USING THIS METHOD

From Thawed: CANNOT THAW & REMOVE FROM TRAY

For Fruits & Desserts that do not require cooking

From frozen state only: Remove film from tray, fan sides of product to loosen, flip over and press firmly on the bottom of the tray to pop out. After the product is out of the tray, thaw under refrigeration for approximately 1 hour before serving. **DO NOT THAW IN TRAY.**

Another option is to leave film on tray, turn tray upside down and run lukewarm water on bottom for a few seconds. Then remove film, turn over and pop out. **DO NOT THAW IN TRAY.**

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Many facilities will often use a garnish or add the appropriate sauce or gravy to their purees to make the products even more visually appealing and further improve consumption. We think that's a great idea, but do want to remind everyone to modify as needed so that these too are appropriate for the dysphagia diet.

All Puree items align with IDDSI level **4** PUREED

FORMAT PORTION (oz.) DESCRIPTION	FOUR ORDINAIRE 235° F		FOUR À CONVECTION 235° F		MICRO-ONDES (1,400 WATT)		CUISEUR À VAPEUR / CUISINIÈRE					
	CONGÉLÉ TEMP °F	DÉGÉLÉ TIME	CONGÉLÉ TEMP °F	DÉGÉLÉ TIME	CONGÉLÉ Puiss. moyenne TIME	DÉGÉLÉ Puiss. moyenne TIME	CONGÉLÉ TEMP °F	DÉGÉLÉ TEMP °F				
PURÉES DE VIANDE												
3 Dinde rôtie	235	30-35	235	25-30	235	25-30	5	3-3 ½	212	25-30	212	25-30
3 Porc à la paysanne	235	30-35	235	25-30	235	25-30	5	3-3 ½	212	25-30	212	25-30
3 Jambon cuit	235	30-35	235	25-30	235	25-30	5	3-3 ½	212	25-30	212	25-30
3 Filet de poisson	235	30-35	235	25-30	235	25-30	5	3-3 ½	212	25-30	212	25-30
3 Rôti de bœuf	235	30-35	235	25-30	235	25-30	5	3-3 ½	212	25-30	212	25-30
3 Poulet du Sud	235	30-35	235	25-30	235	25-30	5	3-3 ½	212	25-30	212	25-30
3 Galette de bœuf	235	30-35	235	25-30	235	25-30	5	3-3 ½	212	25-30	212	25-30
PURÉES DE LÉGUMES												
3,2 Asperges	235	30-35	235	25-30	235	25-30	5	3-3 ½	212	25-30	212	25-30
3,2 Betteraves	235	30-35	235	25-30	235	25-30	5	3-3 ½	212	25-30	212	25-30
3,2 Chou-fleur	235	30-35	235	25-30	235	25-30	5	3-3 ½	212	25-30	212	25-30
3,2 Carottes glacées	235	30-35	235	25-30	235	25-30	5	3-3 ½	212	25-30	212	25-30
3,2 Haricots verts	235	30-35	235	25-30	235	25-30	5	3-3 ½	212	25-30	212	25-30
3,2 Maïs en épis	235	30-35	235	25-30	235	25-30	5	3-3 ½	212	25-30	212	25-30
3,2 Pois assaisonnés	235	30-35	235	25-30	235	25-30	5	3-3 ½	212	25-30	212	25-30
3,2 Patate douce	235	30-35	235	25-30	235	25-30	5	3-3 ½	212	25-30	212	25-30
3,2 Brocoli du jardin	235	30-35	235	25-30	235	25-30	5	3-3 ½	212	25-30	212	25-30
PURÉES DÉJEUNER												
3 Œufs brouillés	235	30-35	235	25-30	235	25-30	5	3-3 ½	212	25-30	212	25-30
3 Chapelet de saucisses	235	30-35	235	25-30	235	25-30	5	3-3 ½	212	25-30	212	25-30
3 Tranche de bacon	235	30-35	235	25-30	235	25-30	5	3-3 ½	212	25-30	212	25-30
3 Pain doré cannelle	235	30-35	235	25-30	235	25-30	5	3-3 ½	212	25-30	212	25-30
2,5 Gaufre	235	30-35	235	25-30	235	25-30	5	3-3 ½	212	25-30	212	25-30
2,5 Crêpe	235	30-35	235	25-30	235	25-30	5	3-3 ½	212	25-30	212	25-30
3 Omelette au fromage	235	30-35	235	25-30	235	25-30	5	3-3 ½	212	25-30	212	25-30
SPÉCIALITÉS (PURÉES)												
3 Pain genre maison	235	30-35	235	25-30	235	25-30	5	3-3 ½	212	25-30	212	25-30
3 Pizza au fromage	235	30-35	235	25-30	235	25-30	5	3-3 ½	212	25-30	212	25-30
4 Macaroni au fromage	235	60	235	60	235	60	6	4-4 ½	212	35-40	212	35-40
4 Riz	235	60	235	60	235	60	6	4-4 ½	212	35-40	212	35-40
4 Pâtes nature	235	60	235	60	235	60	6	4-4 ½	212	35-40	212	35-40
4 Spaghetti viande	235	60	235	60	235	60	6	4-4 ½	212	35-40	212	35-40

TABLE À VAPEUR ET REMISE EN TEMPÉRATURE : SUIVRE LES INSTRUCTIONS AU RECTO.

REMEMBER: When frozen, it helps to tap the tray until product releases to avoid sticking when cooked.