

Porridge

Ingredients

	Serves 10	Serves 50	Serves 100
Rolled oats	250g	2kg	4kg
Full-cream milk	1L	6L	12L
Milled flaxseed	75g	350g	700g
Skim milk powder	150g	750g	1.5g
Cream	500ml	3L	6L

Method

- 1 In a double boiler pot, place all of the milk and oats, heat. Stirring occasionally, check the water level of the boiler pot.
- 2 After about 45 minutes, add the flaxseed and skim milk powder, whisk through. Continue to cook for another 30 minutes to ensure the oats are cooked through and thickened.
- 3 Add cream to alter the consistency (you may not need all the cream).

Handy tips

Can also be made in batches and frozen. Reheat with some cream.

Can be topped with Fruit Compote (see recipe)



IDDSI adaptations

IDDSI Level 4

- Blend dry oats with the skim milk powder prior to cooking, to create a fortified oat flour.
- Heat the milk and whisk in the oat flour. Keep stirring and adjust the consistency by adding extra cream if needed.
- A stick blender may be required to break up any lumps that may have formed during cooking.

Always test and modify the food at the temperature at which you want somebody to consume it.

Nutrition information

	Per serve (180g)	Per 100g
Energy (kJ)	1552	862
Protein (g)	12.7	7.1
Total fat (g)	24.1	13.4
Saturated fat (g)	13.4	7.4
Carbohydrate (g)	24.6	13.6
Sugars (g)	13.2	7.3
Dietary Fibre (g)	4.0	2.2
Sodium (mg)	107	60
Calcium (mg)	305	169
Phosphorous (mg)	355	197

Protein pancakes

Ingredients

	Serves 10	Serves 50	Serves 100
Rolled oats	160g	800g	1.6kg
Eggs	6	25	50
Milled flaxseed	45g	225g	450g
Skim milk powder	130g	650g	1.3kg
Cottage cheese	450g	2.3kg	4.6kg
Milled chia seeds	120g	600g	1.2kg
Baking powder	½ tsp	2 ½ tsp	5 tsp
Bicarb of soda	½ tsp	2 ½ tsp	5 tsp
Honey	4 tsp	300g	600g

Method

- 1 Blend the oats until a fine powder is achieved. Add the skim milk powder, cottage cheese, chia seeds, flax seeds, eggs, honey and blend to get a smooth batter.
- 2 Add the bicarb of soda and baking powder, leave to sit for 5 minutes.
- 3 Heat the oil in a griddle or small skillet over a medium heat.
- 4 Ladle the batter onto the griddle and cook each pancake until brown on each side.

Serve with Greek yoghurt and fruit compote (see recipe below).

Handy tips

Pancakes can also be made in batches and frozen.



IDDSI adaptations

IDDSI Level 6

- Chop up the pancakes to 15mm in size, then soak in a solution of maple syrup and water. Do not add too much that there is a liquid run off.
- Serve with Greek yoghurt and fruit compote.

IDDSI Level 4/5

- Heat 50ml maple syrup and 1,200ml water in a pot. Add ¼ tsp xanthan gum and whisk until combined.
- When cold, blitz pancakes until a fine crumb and add in some of the maple syrup solution to combine. Test.
- Serve with Greek yoghurt and fruit compote.

Nutrition information

	Per serve (120g/2 pancakes)	Per 100g
Energy (kJ)	1190	954
Protein (g)	19.8	15.8
Total fat (g)	12.0	9.7
Saturated fat (g)	3.2	2.5
Carbohydrate (g)	20.7	16.6
Sugars (g)	10.8	8.6
Dietary Fibre (g)	6.8	5.4
Sodium (mg)	343	275
Calcium (mg)	506	406
Phosphorous (mg)	291	233

Fruit compote

Ingredients

	Serves 10	Serves 50	Serves 100
Frozen berries	600g	3kg	6kg
Orange juice	3 tbsp	220ml	440ml
Sugar	1 tsp	20g	40g
Cinnamon	½ tsp	1 tbsp	2 tbsp
Ground ginger	½ tsp	1 tbsp	2 tbsp
Chia seeds	2 ½ tsp	4 tbsp	8 tbsp

Method

- 1 Place fruit and juice in a pan and bring to a medium heat.
- 2 Once bubbling, reduce heat slightly and use a wooden spoon to break up and mash the fruit.
- 3 Continue to cook over a medium heat for 10–12 mins.
- 4 Turn off the heat and add the sugar, spices and chia seeds and stir through.

Handy tips

Fruit compote can be stored in the fridge for up to one week or frozen in ice cube moulds for up to one month. Reheat to serve.

Compote can be used with Greek yoghurt as a snack, on top of rice pudding, semolina, on toast, scones and many more options.



Nutrition information

	Per serve (70g)	Per 100g
Energy (kJ)	129	187
Protein (g)	0.7	1.0
Total fat (g)	0.6	0.8
Saturated fat (g)	0.06	0.1
Carbohydrate (g)	4.3	6.3
Sugars (g)	3.9	5.6
Dietary Fibre (g)	2.5	3.7
Sodium (mg)	0.8	1.2
Calcium (mg)	25	37
Phosphorous (mg)	28	40

Pork and apple casserole

Ingredients

	Serves 10	Serves 50	Serves 100
Pork steak	760g	3.8kg	7.6kg
Green lentils	400g	2kg	4kg
Greek yoghurt	400g	2kg	4kg
Green beans, diced	200g	1kg	2kg
Honey	250g	1.25kg	2.5kg
Leeks, chopped	200g	1kg	2kg
Carrots, diced	460g	2.3kg	4.6kg
Celeriac, diced	200g	1kg	2kg
Garlic, minced	2 tsp	65g	130g
Apple, diced	200g	1kg	2kg
Chicken stock	2L	10L	20L
Wholegrain mustard	2 tsp	3 tbsp	6 tbsp
Cream cheese	500g	2.5kg	5kg
Cornflour	40g	200g	400g
Butter	100g	500	1kg
Skim milk powder	200g	1kg	2kg
Dill (fresh)	20g	100g	200g
White pepper	To taste	To taste	To taste

Method

- Trim and dice the pork and cover with Greek yoghurt. Cover and refrigerate for a minimum of 20 min.
 - Place the butter into a casserole dish and melt, add the garlic and the pork to sear.
 - Add in all the vegetables and stir through, along with the green lentils.
 - Add the chicken stock and cook until it reduces by half.
 - Add in the apple, mustard, skim milk powder and cream cheese. Mix the cornflour with some water to form a paste and add this to the pot.
 - Cover and place dish in the oven at 150°C for an hour.
 - Remove from the oven and stir through the fresh dill and honey, adjusting the seasoning as necessary.
- Serve with creamed mashed potatoes/ baked potato/ rice/pasta.



IDDSI adaptations

IDDSI Level 6

- Ensure all vegetables are cut to the correct size. Cut the meat to size when it is raw (if using pork loin, when cut to size raw you may need to add some bicarb of soda to tenderise the meat).
- Reduce sauce enough to eliminate mixed consistency.
- Add some extra cornflour to thicken sauce if required.

IDDSI Level 5

- Strain the solids from the sauce, retaining the sauce.
- Pulse in a blender to achieve particle size and add back some sauce to alter the consistency.

IDDSI Level 4

- Strain the solids from the sauce, retaining the sauce.
- Place into the blender and blend on full power to achieve a puree consistency. If needed, add some sauce back in to achieve the correct consistency.

Always test and modify the food at the temperature at which you want somebody to consume it.

Nutrition information

	Per serve	Per 100g
Energy (kJ)	3093	516
Protein (g)	44.7	7.8
Total fat (g)	30.3	5.0
Saturated fat (g)	18.5	3.1
Carbohydrate (g)	67.2	11.2
Sugars (g)	44.0	7.3
Dietary Fibre (g)	9.4	1.6
Sodium (mg)	926	154
Calcium (mg)	408	68
Phosphorous (mg)	683	114

Lamb koftas with feta flatbread and tzatziki

Ingredients

	Serves 10	Serves 50	Serves 100
Lamb mince	1kg	5kg	10kg
Olive oil	To brush	To brush	To brush
Feta	300g	1.5kg	3kg
Breadcrumbs	200g	1kg	2kg
Cumin	4 tsp	30g	60g
Paprika	4 tsp	30g	60g
Coriander (ground)	4 tsp	30g	60g
Garlic powder	4 tsp	30g	60g
Cinnamon	2 tsp	3 tbsp	6 tbsp
Cayenne (optional)	1 tsp	5 tsp	2 tbsp
Salt and pepper	2 tsp	2 tbsp	4 tbsp
Mint	2 tsp	2 tbsp	4 tbsp

Method

- 1 Place all the ingredients into a bowl and mix until everything is combined.
- 2 With wet hands, shape the koftas and place on a tray lined with baking paper.
- 3 Brush with oil and bake for 12 mins at 180°C, until 75°C is achieved.



IDDSI adaptations

IDDSI Level 6

- Chop the koftas into 15mm pieces.
- Serve with feta cheese, mashed potato and tzatziki.
- Flatbreads are not suitable.

IDDSI Level 5

- Mince the koftas in a food processor and test according to IDDSI.
- Add a small amount of Spicy tomato sauce to combine.
- Serve with feta cheese, mashed potatoes and tzatziki.
- Flatbreads are not suitable

IDDSI Level 4

- Blend some cooked roast lamb with the spices from the koftas and feta cheese. (mince meat will always have a grainy texture even when pureed on high)
- Test according to IDDSI.
- Blend the tzatziki until a smooth puree is achieved and if it is too runny add some cream cheese.
- Serve with feta cheese, mashed potatoes and tzatziki.

Feta flatbreads

Ingredients

	Serves 10	Serves 50	Serves 100
Self-raising flour	460g	2.3kg	4.6kg
Greek yoghurt	600g	3kg	6kg
Feta	300g	1.5kg	3kg
Olive oil	200g	1kg	2kg
Salt	2 tsp	2 tbsp	5 tbsp

Method

- 1 Place yoghurt, flour and salt in a bowl and mix until just combined.
- 2 Crumble in the feta and, using your hands, fold into the dough mixture until combined. Turn out onto a lightly floured surface and divide into pieces (number depends on the recipe sizes in ingredients).
- 3 Roll out each piece until about 5mm thick, flouring the surface to prevent sticking.
- 4 Heat 1 tsp oil in a large frypan over medium-high heat. Working with one flatbread at a time, cook for 2 minutes each side until golden.
- 5 Remove from the pan and repeat with remaining dough. Cover cooked flatbread with foil to keep warm until ready to serve.

Handy tips

Can be made in advance or frozen



Tzatziki

Ingredients

	Serves 10	Serves 50	Serves 100
Greek yoghurt	460g	2.3kg	4.6kg
Cucumber	400g	2kg	4kg
Garlic	10g	50g	100g
Salt	To taste	To taste	To taste
Mint, chopped	To taste	To taste	To taste
Dill, chopped	To taste	To taste	To taste

Method

- 1 On the coarse side of a grater, grate the cucumber and squeeze out all the moisture.
- 2 Add the cucumber to the yoghurt with all the other ingredients and combine.
- 3 Add cream to alter the consistency (you may not need all the cream).



Nutrition information

Lamb koftas + feta flatbreads + tzatziki

	Per serve	Per 100g
Energy (kJ)	3582	881
Protein (g)	45.5	11.2
Total fat (g)	47.1	11.6
Saturated fat (g)	18.4	4.5
Carbohydrate (g)	59.9	14.7
Sugars (g)	13.5	3.3
Dietary Fibre (g)	4.8	1.2
Sodium (mg)	1179	290
Calcium (mg)	515	127
Phosphorous (mg)	868	213

Chicken and parmesan gnocchi

Ingredients

	Serves 10	Serves 50	Serves 100
Onion	300g	1.5kg	3kg
Olive oil	80g	400g	800g
Tinned tomatoes	800g	4kg	8kg
Tomato puree	100g	500g	1kg
Honey	70g	350g	700g
Garlic, minced	30g	150g	300g
Parsley	4 tsp	2 tbsp	4 tbsp
Chilli powder (optional)	3 tsp	1 tbsp	2 tbsp
Baby spinach, washed and chopped	200g	1kg	2kg
Crème fraiche	200g	1kg	2kg
Chicken	720g	3.6kg	7.2kg
Gnocchi	1.2kg	6kg	12kg
Parmesan	200g	1kg	2kg
Salt and pepper	To taste	To taste	To taste

Method

- Put your pan on medium heat with olive oil. Add the onions and cook until soft.
- Add in the tomatoes, tomato puree, honey, garlic, parsley and chilli powder. Allow to simmer for 10 min.
- Add the diced chicken and poach until cooked, approx 15 min.
- In another pot, cook the gnocchi (4–5min) and when cooked add to the chicken.
- Add the crème fraiche, chopped spinach and parmesan cheese. Simmer for 5 min.

Serve with basil pesto.

Handy tips

If this is left over, let it cool and add Greek yoghurt and mayo to coat to use as a salad option.



IDDSI adaptations

IDDSI Level 6

- Dice all vegetables and chicken to 15mm and cook.
- Before cooking, cut the gnocchi in half to achieve 15mm.
- Add gnocchi to sauce with the vegetables and serve.

IDDSI Level 5

- Blitz the sauce with the meat and vegetables until it passes the IDDSI test.
- Cook risoni pasta and put this into the minced sauce mixture and combine.

IDDSI Level 4

- Put the sauce with the meat and vegetables into a blender on full power to blend into a smooth puree. If it is too sticky, add some more tomato puree along with boiling water to achieve consistency.
- Check seasoning and serve with cream cheese/garlic powder/mashed potatoes.

Nutrition information

	Per serve	Per 100g
Energy (kJ)	2072	647
Protein (g)	13.2	4.1
Total fat (g)	23.7	7.4
Saturated fat (g)	11.3	3.5
Carbohydrate (g)	59.1	18.4
Sugars (g)	11.5	3.6
Dietary Fibre (g)	5.2	1.6
Sodium (mg)	1164	363
Calcium (mg)	281	88
Phosphorous (mg)	252	79

Cod and pea gratin

Ingredients

	Serves 10	Serves 50	Serves 100
Cod	1.2kg	6kg	12kg
Peas	400g	2kg	4kg
Cheddar cheese, grated	400g	2kg	4kg
Eggs	2	10	15
Crème fraiche	400g	2kg	4kg
Dijon mustard	2 tsp	2 tbsp	4 tbsp
Breadcrumbs	200g	1kg	2kg
Garlic, minced	60g	240g	480g
Parsley	30g	150g	300g
Salt and pepper	To taste	To taste	To taste
Butter	100g	500g	1kg

Method

- 1 Portion the fish, ensuring all bones are removed. Season and place on oven trays lined with baking paper.
- 2 Place the defrosted peas in a blender and pulse until broken up. Add the crème fraiche, salt and pepper, and blend again until combined.
- 3 Mix in the cheddar cheese and place this mixture on top of the fish.
- 4 Melt the butter and add the minced garlic, parsley and breadcrumbs. Sprinkle this crumb over the top of the fish and bake in a hot oven at 180° for 12 mins.

Serve with creamed cheesy mashed potatoes/roast vegetables/risotto.

Handy tips

Drizzle with sweet chilli sauce if a spicier taste is required.



IDDSI adaptations

IDDSI Level 6

- Dice the fish raw and place into ramekins. Place the pea mix on top, cover and steam roast.

IDDSI Level 5

- Using cooked fish, place into a blender and pulse until a crumb like texture is formed. If this is very dry, mix with some cream cheese and place into a ramekin.
- Place the pea mixture on top, cover and steam roast.

IDDSI Level 4

- Using cooked fish, place into a blender to puree and add cream cheese to create a smooth texture.
- If it is too sticky, add some boiling water.
- Blend hot pea mixture until a smooth puree is achieved.
- To serve, layer the fish and the pea mix into a ramekin or into a ring.

Nutrition information

	Per serve	Per 100g
Energy (kJ)	2559	888
Protein (g)	38.2	13.2
Total fat (g)	42.6	14.8
Saturated fat (g)	27.2	9.4
Carbohydrate (g)	19.0	6.6
Sugars (g)	5.2	1.8
Dietary Fibre (g)	3.3	1.2
Sodium (mg)	629	218
Calcium (mg)	375	130
Phosphorous (mg)	578	201

Braised beef with cheesy mash

Ingredients

	Serves 10	Serves 50	Serves 100
Beef chuck	1.2kg	6kg	12kg
Onion	400g	2kg	4kg
Garlic, minced	20g	100g	200g
Olive oil	2 tbsp	100ml	200ml
Cumin	2 tsp	2 tbsp	4 tbsp
Paprika	2 tsp	2 tbsp	4 tbsp
Salt and pepper	To Taste	To Taste	To Taste
Red wine	600ml	3L	6L
Water	200ml	1L	2L

Method

- 1 Heat the oil in a pan and add the meat to brown. Be careful not to add too much to the pot at once, otherwise it will not brown.
- 2 Remove the meat from the pot. Add the garlic and onions to sweat down to a caramel colour.
- 3 Return the meat back to the pot, add the spices, salt and pepper and coat.
- 4 Add the water and red wine. Cook on a low heat for 5 hours until the meat is fork tender.

Handy tips

This recipe can be used for a number of dishes (such as beef ragu pasta bake) or simply served with cheesy mashed potato.



IDDSI adaptations

IDDSI Level 6

- Chop up the beef chuck to size raw and continue to cook the same.

IDDSI Level 5

- Modify the beef once cooked. Place into a blender and pulse to achieve particle size.
- Add some of the cooking liquor to moisten.

IDDSI Level 4

- Place the cooked beef into a blender and blend on high with some of the cooking liquor.
- Test according to IDDSI.

Nutrition information

	Per serve	Per 100g
Energy (kJ)	2258	491
Protein (g)	41.7	9.1
Total fat (g)	29.5	6.4
Saturated fat (g)	13.8	3
Carbohydrate (g)	24.1	5.2
Sugars (g)	3.9	0.8
Dietary Fibre (g)	4.9	1
Sodium (mg)	594	129
Calcium (mg)	358	78
Phosphorous (mg)	521	113

Beef ragu pasta bake

Ingredients

	Serves 10	Serves 50	Serves 100
Braised beef (cooked)	600g	6kg	12kg
Green lentils	200g	1kg	2kg
Onion	400g	2kg	4kg
Garlic, minced	20g	100g	200g
Olive oil	2 tbsp	100ml	200ml
Capsicums	400g	2kg	4kg
Chilli	2 tsp	2 tbsp	4 tbsp
Salt and pepper	To taste	To taste	To taste
Beef stock	400ml	2L	4L
Red wine	300ml	1.5L	3L
Tinned, chopped tomatoes	800g	4kg	8kg
Tomato puree	80g	400g	800g
Sugar	To taste	To taste	To taste
Mascarpone	200g	1kg	2kg
Basil	20g	100g	200g
Cooked pasta	600g	3kg	6kg
Cheddar cheese, grated	400	2kg	4kg

Method

- 1 Heat the oil in a pan. Add the onions and garlic and sweat down. Add the green lentils and stir through.
- 2 Add the beef stock and reduce by half. Add in the red wine, capsicums, tinned tomatoes, tomato puree, sugar, salt and pepper and cook on a low heat for 15 mins.
- 3 Chop up the cooked beef and add to the pot along with mascarpone, chopped basil and cooked pasta.
- 4 Place into an oven dish and top with cheese. Bake until golden brown at 160°C for approx. 20 min.

Handy tips

This can also be used without the pasta on top of a baked potato.



IDDSI adaptations

IDDSI Level 6

- For beef ragu: Chop up the beef chuck to size raw and continue to cook the same.
- For pasta: use mini shells or equivalent small pasta. Cook according to instructions, drain the water and stir through beef ragu sauce immediately to prevent the pasta from becoming sticky.
- For extra dairy serves, make bechamel or cheese sauce and stir through cooked pasta straight after draining. Add beef ragu on top. Crumble feta cheese on top to serve (approximately 20g per portion).

IDDSI Level 5

- Modify the beef once cooked. Place into a blender and pulse to achieve particle size.
- Add some of the cooking liquor to moisten.
- For pasta: use risoni pasta. Cook according to instructions, drain water. Stir through beef ragu sauce immediately to prevent the pasta from becoming sticky.
- For extra dairy serves, make bechamel or cheese sauce and stir through cooked pasta straight after draining. Add beef ragu on top. Crumble feta cheese on top to serve (approximately 20g per portion).

IDDSI Level 4

- Place the cooked beef into a blender and blend on high with some of the cooking liquor.
 - Separately, add the risoni pasta to the blender little by little and blend until a smooth puree is formed.
 - You may not need all of the pasta
 - If you have a puree which is too thick, add some water to thin it out.
- Test according to IDDSI.

Nutrition information

	Per serve	Per 100g
Energy (kJ)	2164	486
Protein (g)	27.9	6.3
Total fat (g)	28.5	6.4
Saturated fat (g)	14.8	3.3
Carbohydrate (g)	37.2	8.3
Sugars (g)	10.3	2.3
Dietary Fibre (g)	6.6	1.5
Sodium (mg)	743	110
Calcium (mg)	361	81
Phosphorous (mg)	414	93

Pea and ham soup

Ingredients

	Serves 10	Serves 50	Serves 100
Olive oil	2 tbsp	200g	400g
Onion, diced	150g	800g	1.6kg
Potato, diced	175g	1kg	2kg
Stock	400ml	2.3L	4.6L
Frozen peas	600g	3kg	6kg
Ham*	100g	700g	1.5kg
Raw spinach	100g	700g	1.5kg
Full cream milk	300ml	1.5L	3L
Skim milk powder	100g	600g	1.2kg
Parmesan, grated	30g	250g	1.2kg
Pepper	Pinch	To taste	To taste

Method

- 1 Heat the oil in a pot and add the onions. Cook for 5 mins until soft.
- 2 Add potato, stock and pepper. Boil for 10 mins until the potato is soft.
- 3 Stir in some cooked ham and peas and cook for 10 more mins.
- 4 Mix the milk with the skim milk powder and add to the soup along with the parmesan cheese.
- 5 Add the raw spinach to blender and then add the soup.
- 6 Blend until completely smooth and sieve to remove any bits. Serve with some sour cream and grated parmesan.

Handy tips

- Can also be made in batches and frozen.
- This ham can also be some left-over bacon/ham from lunch.
- Really tasty option would be ham hocks and the stock from cooking these would be full of flavour.



IDDSI adaptations

IDDSI Level 4

- If the soup is too thin for IDDSI level 4, add some more peas and puree.

Nutrition information

	Per serve (200g)	Per 100g
Energy (kJ)	835	375
Protein (g)	14.0	6.3
Total fat (g)	7.4	3.3
Saturated fat (g)	2.5	1.1
Carbohydrate (g)	16.9	7.6
Sugars (g)	11.7	5.2
Dietary Fibre (g)	4.5	2.0
Sodium (mg)	428	192
Calcium (mg)	248	111
Phosphorous (mg)	315	141

Mixed bean soup

Ingredients

	Serves 10	Serves 50	Serves 100
Olive oil	2 tbsp	2 tbsp	4 tbsp
Onion, diced	150g	750g	1.5kg
Garlic, minced	10g	50g	100g
Celeriac, chopped	60g	300g	600g
Carrot, chopped	100g	500g	1kg
Fennel bulb, chopped	150g	750g	1.5kg
Tinned chopped tomatoes	400g	2kg	4kg
Sprig of thyme	1	5	10
Vegetable stock	1,100ml	6.5L	13L
Can of mixed beans	3 x 400g	15 x 400g	25 x 400g
Parmesan, grated	100g	500g	1kg
Skim milk powder	150g	750g	1.5kg
Pepper	Pinch	2 tsp	4 tsp
Paprika	½ tsp	3 tsp	6 tsp
Garlic powder	½ tsp	3 tsp	6 tsp
Salt	½ tsp	3 tsp	6 tsp

Method

- 1 Heat the oil, add the onion and cook for 5 min stirring occasionally, until soft.
- 2 Add garlic, celeriac, carrots, fennel and cook for 2 min.
- 3 Add the tinned tomatoes, thyme and bring to the boil for 2 min.
- 4 Add stock (reserving 100ml for the next step), boil for 1 min and then turn down to a simmer. Cover with a lid and leave to simmer for 15 min until all vegetables are tender. Add tinned mixed beans and cook for 5 min.
- 5 Combine the remaining 100ml of stock with the parmesan and skim milk powder, stir and add to the soup with the pepper, paprika, garlic powder and salt.
- 6 Blend the soup until completely smooth, sieve to remove any small bits and serve.

Handy tips

Can also be made in batches and frozen.



IDDSI adaptations

IDDSI Level 4

- If the soup is too thin for IDDSI level 4, add some more beans and puree.

Nutrition information

	Per serve (200g)	Per 100g
Energy (kJ)	591	295
Protein (g)	9.8	4.9
Total fat (g)	2.6	1.3
Saturated fat (g)	1.3	0.6
Carbohydrate (g)	16.6	8.3
Sugars (g)	8.4	4.2
Dietary Fibre (g)	5.1	2.5
Sodium (mg)	587	294
Calcium (mg)	191	96
Phosphorous (mg)	198	99

Chicken fritters

Ingredients

	Serves 10	Serves 50	Serves 100
Zucchini	150g	750g	1.5kg
Carrots	150g	750g	1.5kg
Chicken mince	500g	2.5kg	5kg
Parmesan cheese	50g	250g	500g
Feta cheese	100g	500g	1kg
Garlic, minced	1 clove	5	10
Egg	1	5	10
Pepper	Pinch	1 tsp	3 tsp
Salt	Pinch	1 tsp	3 tsp
Dill	Sprinkle	1 tsp	2 tsp
Breadcrumbs	100g	500g	1kg
Oil for frying			

Method

- 1 Grate the vegetables and squeeze out excess moisture.
- 2 Add the minced chicken, cheese, garlic, egg, salt, pepper and dill in a large bowl.
- 3 Add in breadcrumbs and mix together until combined.
- 4 Scoop out mixture and shape with wet hands to create a fritter shape. Optional, coat in more breadcrumbs.
5. Shallow fry turning as necessary for approx 10 min.
- 6 To cook large amounts, place on a lined gastronorm tray lined with baking paper. Spray with oil and set Combi oven to roast for 10–12 min or until 75° is achieved.

Handy tips

Dip to serve: Mix crème fraîche, garlic, fresh parsley, sweet chilli sauce and loosen with some Greek yoghurt.

IDDSI adaptations

IDDSI Level 6

- Steam the fritters instead of frying to reduce the risk of crispy edges.
- Cut them into 15mm pieces and coat them in a spiced tomato sauce to prevent them from becoming dry.



IDDSI Level 5

- Steam the fritters and place them in a food processor and pulse until you form a crumb like texture.
- Remove from blender and coat in enough sauce to combine.
- Test according to IDDSI testing methods, to ensure food holds its shape on the spoon and also falls off the spoon.
- Test particle size using the fork.

IDDSI Level 4

- Using the steamed fritters, blend in the blender until a smooth paste is formed.
- Add in some boiling water to the mix and blend again until the correct consistency is achieved.
- Test according to the IDDSI testing methods with the fork and spoon.
- Serve with the spiced tomato sauce and add some xanthan gum to this if it is not thick enough.

Nutrition information

	Per serve (130g)	Per 100g
Energy (kJ)	750	559
Protein (g)	14.7	11.0
Total fat (g)	8.7	6.5
Saturated fat (g)	4.2	3.1
Carbohydrate (g)	9.7	7.2
Sugars (g)	3.0	2.2
Dietary Fibre (g)	1.5	1.1
Sodium (mg)	249	186
Calcium (mg)	83	62
Phosphorous (mg)	193	144

Spiced tomato sauce

Ingredients

	Serves 10	Serves 50	Serves 100
Passata	200ml	1L	2L
Chilli powder	Pinch	2 tsp	4 tsp
Garlic powder	½ tsp	1 tbsp	2 tbsp
Sugar	1 tsp	5 tsp	3 tbsp
Tomato puree	40g	200g	400g
Salt and pepper	To taste	To taste	To taste
Cream cheese	100g	500g	1kg

Method

- 1 Place all ingredients into a blender and blend until a smooth sauce.
- 2 It can be heated or served cold.



Nutrition information

	Per serve (35g)	Per 100g
Energy (kJ)	174	503
Protein (g)	1.2	3.3
Total fat (g)	3.5	10
Saturated fat (g)	2.2	6.4
Carbohydrate (g)	1.4	4
Sugars (g)	1.4	4
Dietary Fibre (g)	0.4	1.1
Sodium (mg)	81	234
Calcium (mg)	13	36
Phosphorous (mg)	16	47

Philly cheese steak sliders

Ingredients

	Serves 10	Serves 50	Serves 100
*Flank steak	500g	2.5kg	5kg
Onion	200g	1kg	2kg
Green capsicums	250g	1.25kg	2.5kg
Mozzarella, grated	100g	500g	1kg
White wine vinegar	2 tbsp	200ml	400ml
Cheese slices	10	50	100
Garlic, minced	10g	50g	100g
Cream cheese	200g	1kg	2kg
Mini slider buns in a sheet	20	100	200
Pepper	Pinch	1 tsp	3 tsp
Salt	Pinch	1 tsp	3 tsp
Oil for frying			

Method

- 1 Freeze the flank steak for approx. 40 mins to make it easier to cut thinly.
- 2 Mix minced garlic with the cream cheese and pepper.
- 3 Preheat oiled skillet over a high heat. Add onions and peppers and sauté until golden. Add white wine vinegar and cook for a further 5 mins. Season to taste.
- 4 Using a sharp knife, thinly slice steak against the grain and cook on a smoking skillet. Fry for 3 mins and pile the onions and pepper mix on top of the steak, along with the mozzarella and cheese slices. Cook for another 2 mins until the cheese starts to melt.
- 5 Split the slider buns and toast. Spread the cream cheese mix on the buns and top and add the steak mix. Top with the slider bun and serve.

Optional: serve with tomato sauce and mustard.

IDDSI adaptations

IDDSI Level 6

- Ensure all meat and vegetables are cut to 15mm size.
- Serve on top of a potato/polenta/rice or mini pasta shells
- Using the garlic cream cheese to coat the pasta/rice or simply top the potato or polenta with this.
- Can also be served with the spiced tomato sauce from the chicken fritters recipe.



IDDSI Level 5

- Place all of the meat and vegetables into a blender and pulse until you achieve the IDDSI size.
- Melt the garlic cream cheese and cheeses in a pot and combine the minced mix with this.
- Serve with mashed potatoes/rice/risoni/polenta along with the spiced tomato sauce from the fritters.

IDDSI Level 4

- Place all the meat and the vegetables into the blender and blend on high with a small amount of boiling water.
- Test according to IDDSI.
- Serve with creamed sieved mashed potatoes & spiced tomato sauce from the chicken fritters recipe.

Nutrition information

	Per serve (2x 100g patty)	Per 100g
Energy (kJ)	1988	908
Protein (g)	29.8	13.6
Total fat (g)	24.0	11.0
Saturated fat (g)	12.7	5.8
Carbohydrate (g)	33.5	15.3
Sugars (g)	5.7	2.6
Dietary Fibre (g)	3.4	1.5
Sodium (mg)	640	292
Calcium (mg)	338	154
Phosphorous (mg)	367	168

Handy tips

- * If you have braised beef left over from lunch, you can easily use this instead of flank steak. Just shred it while it is cold and fry.

Risoni chicken caesar salad

Ingredients

	Serves 10	Serves 50	Serves 100
Cooked chicken meat	1kg	5kg	10kg
Anchovy tin (48g)	3 tins	15 tins	30 tins
Crème Fraiche	350g	1.75kg	3.5kg
Mayonnaise	250g	1.25kg	2.5kg
Chilli, chopped (optional)	1 tsp	5 tsp	10 tsp
Garlic, grated	25g	125g	250g
Risoni pasta, cooked	500g	2.5kg	5kg
Parmesan, grated (fresh)	140g	700g	1.4kg
Spinach, washed	250g	1.2kg	2.4kg
Cos lettuce	250g	1.2kg	2.4kg
Streaky bacon	300g	1.5kg	3kg
Pepper (to taste)	1 tsp	3 tsp	2 tbsps

Method

- 1 Place the streaky bacon on a tray and cook in the oven until crispy. Remove from the oven and allow to cool.
- 2 Meanwhile, roughly chop up the chicken (this can be done in a food processor).
- 3 In a blender, add the anchovies, crème fraiche, mayo and minced garlic and blend into a dressing.
- 4 Wash the spinach and the cos lettuce, chop up finely and add to the dressing.
- 5 Add the chilled cooked pasta and the chopped chicken to the dressing along with the parmesan cheese and chilli (if using).
- 6 Take the cooled streaky bacon and place in a food processor and pulse until you get a fine crumb. Add this bacon crumb to the salad and serve with some roasted cherry tomatoes.



IDDSI adaptations

IDDSI Level 6

- Ensure that the chicken is cut to 15mm.

IDDSI Level 5

- Mince the chicken and the salad items together in a food processor and add to the risoni.

IDDSI Level 4

- Place everything into the blender EXCEPT for the risoni. Blend on high.
- Add the risoni pasta to the blender little by little and blend until a smooth puree is formed
- You may not need all of the pasta.
- If you have a puree which is too thick, add some mayo or cold water to thin it out.

Nutrition information

	Per serve	Per 100g
Energy (kJ)	3024	1,021
Protein (g)	51.3	17.3
Total fat (g)	48.3	16.3
Saturated fat (g)	18.2	6.1
Carbohydrate (g)	21.2	7.2
Sugars (g)	2.8	1.0
Dietary Fibre (g)	2.0	0.7
Sodium (mg)	1735	586
Calcium (mg)	230	78
Phosphorous (mg)	588	198

Potato cakes

Ingredients

	Serves 10	Serves 50	Serves 100
Cooked potato	400g	2kg	4kg
Eggs	2	10	20
Flour	100g	500g	1kg
Cheddar cheese	100g	500g	1kg
White onion	100g	500g	1kg
Leeks	100g	500g	1kg
Parsley	10g	50g	100g
Cooked bacon	200g	1kg	2kg
Salt and pepper	To taste	To taste	To taste
Butter/oil for frying			

Method

- 1 Combine all ingredients in a large bowl and shape with wet hands.
- 2 Each cake approx 100g each
- 3 Heat oil/butter in a pan and fry each potato cake until golden on each side.

Handy tips

Can be made in advance and reheated on a tray in the oven.



Fish stew

Ingredients

	Serves 10	Serves 50	Serves 100
Onion, diced	100g	500g	1kg
Garlic, minced	10g	50g	100g
Capsicums, diced	100g	500g	1kg
Chorizo, chopped	200g	1kg	2kg
Chickpeas (drained and rinsed)	200g	1kg	2kg
Tinned tomatoes	400g	2kg	4kg
Tomato puree	60g	300g	600g
Leeks	100g	500g	1kg
Parsley	10g	50g	100g
Fennel	200g	1kg	2kg
Paprika	½ tsp	1 tbsp	2 tbsp
Sugar	Pinch	To taste	To taste
Salt and pepper	To taste	To taste	To taste
Lemon	1	5	10
Firm white fish	1kg	5kg	10kg

Method

- 1 Heat the oil in the pan and add the onions, leeks and garlic and sweat down. Add the chorizo and continue to cook for 5 mins.
- 2 Add the paprika, capsicums and fennel and cook on a low heat until the veg is soft.
- 3 Add the tinned tomatoes, chickpeas, tomato puree, sugar, salt and pepper and cook on a low heat until the sauce has thickened.
- 4 Grate the lemon with a fine grater and add to the pan, along with the parsley.
- 5 Portion the white fish ensuring no bones are present. Place the fish on top of the stew and cover. Cook for 12 min and serve.

Handy tips

Stew is suitable for freezing without the fish.
Serve with Potato cakes (see recipe) and creme fraiche.



IDDSI adaptations

See back page

Nutrition information

	Per serve	Per 100g
Energy (kJ)	1753	483
Protein (g)	33.9	9.3
Total fat (g)	21.1	5.8
Saturated fat (g)	7.3	2.0
Carbohydrate (g)	20.5	5.7
Sugars (g)	6.2	1.7
Dietary Fibre (g)	4.9	1.4
Sodium (mg)	841	232
Calcium (mg)	136	38
Phosphorous (mg)	485	133

IDDSI adaptations

IDDSI Level 6

- Potato cakes: mince the cooked leeks and bacon, add to mashed potato and cheese. Scoop this onto a plate.
- Fish stew: remove the solids from the sauce. Blitz the solids to break up the chickpeas and chorizo. Add the sieved sauce back to the minced vegetables, just enough to combine so it is not a mixed consistency. Chop up the fish when it is raw to size and add this back to the modified sauce to cook through.

IDDSI Level 5

- Potato cakes: mince the cooked leeks and bacon, add to mashed potato and cheese. Scoop this onto a plate.
- Fish stew: remove the solids from the sauce. Blitz the solids to break up the chickpeas and chorizo. Add the sieved sauce back to the minced vegetables, just enough to combine so it is not a mixed consistency. Mince the cooked fish with some white sauce/ crème fraiche or cream to achieve the correct consistency.

IDDSI Level 4

- Put cooked fish into a blender and blend on high power with some white sauce/cream cheese to form a puree.
- Test according to IDDSI and ensure that there is no liquid separation.
- Blend the sauce to a puree and sieve to ensure no bits are present.
- To serve, place the potato mix on the plate and plate the pureed fish on top. Pour the sauce over.

Individual quiches

Ingredients - Pastry

	Serves 10	Serves 50	Serves 100
Self raising flour	300g	1.5kg	3kg
Greek yoghurt	350g	1.75kg	3.5kg
Baking powder	10g	50g	100g
Olive oil	1 tsp	5 tsp	3 tbsp
Garlic powder	Pinch	1 tsp	2 tsp
Dried herbs	Pinch	1 tsp	2 tsp
Parmesan, fresh, grated	150g	750g	1.5kg
Extra flour for dusting			

Method

- 1 Preheat oven to 200°C.
- 2 In a large bowl, mix the flour, baking powder, herbs and spices, parmesan with the Greek yoghurt and olive oil. Mix until it comes together to form a ball.
- 3 Transfer the dough ball to a lightly floured surface and roll out thinly.
- 4 With a scone cutter, cut out portions and use to line a muffin tin.
- 5 Press into the tin and place another muffin tin directly on top and bake for 10 min.
- 6 Remove top muffin tin and fill with egg mixture, topped with cheddar and bake for a further 15 min.



Ingredients - Egg mix/filling

	Serves 10	Serves 50	Serves 100
Eggs	5	22	44
Feta cheese	30g	150g	300g
Greek yoghurt	150g	600g	1.2kg
Ham	80g	320g	640g
Onion, cooked and diced	60g	240g	420g
Cheddar cheese, grated	50g	200g	400g
Cooked vegetables	100g	400g	800g
Pepper	To taste		

Method

- 1 In a large bowl add the eggs, Greek yoghurt and pepper. Whisk until combined and a smooth batter is formed.
 - 2 Add the onion to the crust along with the chopped ham, feta and cooked veggies. Pour over the egg mixture and top with cheddar.
 - 3 Bake in the oven for 15 min at 200°C.
- If not using a crust, spray a silicone muffin mould with oil and add all the veggies and ham. Pour over the egg mix and bake for 15 min.

Serve quiche muffins with warm potato salad.

IDDSI adaptations

IDDSI Level 6

- Ensure all veggies are chopped to size.
- Cook the egg mixture in a large tray making sure that you don't fill it more than 15mm.
- Cover and steam.
- Allow to cool slightly and cut with a sharp knife into small 15mm pieces and serve.
- Do not serve with the pastry/crust.

IDDSI Level 5

- Place the cooked egg mixture into a blender and pulse until combined.
- Fold in some cream cheese and cream to moisten. Keep warm in a bain marie, covered.
- This can be scooped onto a plate when required.

IDDSI Level 4

- Place the cooked egg mix into a blender and blend on full power until a smooth puree is achieved.
- Some cream cheese may need to be added to the mix to achieve the correct consistency.
- This should be done in small batches as the egg will reset if left too long in a bain marie.
- Serve with spiced tomato sauce (from Chicken Fritters recipe) to keep it moist.

Nutrition information

	Per serve	Per 100g
Energy (kJ)	1091	847
Protein (g)	15.0	11.6
Total fat (g)	11.0	4.3
Saturated fat (g)	5.5	4.3
Carbohydrate (g)	24.1	18.7
Sugars (g)	5.2	4.0
Dietary Fibre (g)	1.3	1.0
Sodium (mg)	619	481
Calcium (mg)	264	205
Phosphorous (mg)	400	310

Banana bread with cheesecake filling

Ingredients - Banana bread

	Serves 24	Serves 50	Serves 100
Egg	2	4	8
Light brown sugar	60g	120g	240g
Coconut oil, melted	50g	100g	200g
Butter, softened	50g	100g	200g
Caster sugar	60g	120g	240g
Sour cream	150g	300g	600g
Banana, mashed	380g	760g	1.5kg
Vanilla extract	2 tsp	1 tbsp	2 tbsp
Plain flour	160g	400g	800g
Baking powder	6g	12g	24g
Bicarb of soda	4g	8g	16g
Skim milk powder	60g	120g	240g
Salt	Pinch	Pinch	Pinch

Ingredients - Cheesecake filling

	Serves 24	Serves 50	Serves 100
Cottage cheese	300g	600g	1.2kg
Sour cream	100g	200g	400g
Eggs	2	4	8
Vanilla extract	2 tsp	1 tbsp	2 tbsp
Caster sugar	60g	120g	240g
Cheddar cheese, grated	50g	200g	400g
Cooked vegetables	100g	400g	800g
Pepper	To taste		

Method

- 1 Make the batter: Whisk together the egg, sugars, coconut oil, sour cream and vanilla. Stir in the mashed bananas and the rest of the dry ingredients.
- 2 Make the cheese filling: Mix the cottage cheese, sour cream, sugar, eggs and vanilla together until combined.
- 3 Line a muffin tray with muffin cases.
- 4 Place a spoon of the batter into the bottom of muffin cases, top with cheesecake filling and place another layer of batter on top. Be careful not to put too much into the muffin case.
- 5 Bake at 180°C for 17 mins or until cooked through. Leave to cool before consuming to allow the cheese filling to set.



IDDSI adaptations

IDDSI Level 6/5/4

- Bake the banana bread without the cheese mixture and leave to fully cool.
- Blend the cake into a fine crumb.
- Heat some milk in a pan and whisk vigorously to combine a sprinkle of xanthan gum.
- Stir until milk has thickened slightly, approx. 2 min.
- Add this thickened milk to the banana bread crumb mixture and stir until all of the crumb is combined.
- Test with a fork.
- Add some honey and vanilla to Greek yoghurt and use this as the topping for the cake mix.

This can also be made in a loaf tin as per picture however it is not as easy to portion and takes longer to bake. Can be served as a snack or as a dessert with some chocolate sauce and ice-cream. Can also be made in batches and frozen.

Nutrition information

	Per serve (70g)	Per 100g
Energy (kJ)	715	1,032
Protein (g)	5.0	7.2
Total fat (g)	9.1	13.2
Saturated fat (g)	6.1	8.8
Carbohydrate (g)	17.4	25.1
Sugars (g)	11.6	16.7
Dietary Fibre (g)	0.5	0.7
Sodium (mg)	131	188
Calcium (mg)	54	78
Phosphorous (mg)	76	109

High fibre smoothie

Ingredients

	Serves 10	Serves 50	Serves 100
Dried figs	100g	500g	1kg
Cold cooked porridge	150g	750g	1.5kg
Greek yoghurt	1kg	5kg	10kg
Full cream milk	500ml	2.5L	5L
Honey	150g	500g	1kg
Skim milk powder	100g	500g	1kg
Milled flaxseed	50g	250g	500g
Ice	Handful		

Method

- 1 Add all the ingredients into a blender.
- 2 Adjust the amount of ice as necessary.
- 3 Blend on full power until smooth.

Handy tips

Fun way to use up leftover porridge from breakfast.



IDDSI adaptations

Check consistency against the IDDSI scale and if the smoothie needs to be thicker or thinner according to the thickened fluid level recommendations. Either add more porridge to thicken or more milk and honey to thin it out.

Nutrition information

	Per serve (200ml)	Per 100g
Energy (kJ)	1215	588
Protein (g)	13.0	6.3
Total fat (g)	9.5	4.6
Saturated fat (g)	4.8	2.3
Carbohydrate (g)	37.0	17.9
Sugars (g)	35.4	17.1
Dietary Fibre (g)	3.0	1.5
Sodium (mg)	145	70
Calcium (mg)	408	198
Phosphorous (mg)	359	174

Rice pudding

Ingredients

	Serves 10	Serves 50	Serves 100
Short-grain rice	200g	1kg	2kg
Condensed milk	200g	1kg	2kg
Full cream milk	1.5L	3L	6L
Cream	200ml	1L	2L
Vanilla extract	1 tsp	2 tbsp	4 tbsp
Ground almonds (optional)	75g	375g	750g
Skim milk powder	100g	500g	1kg

Method

- 1 Blanch the rice in a pot of boiling water for 10 min.
- 2 Strain the rice in a sieve and add to a double boiler pot.
- 3 Add the milk, condensed milk, vanilla and stir occasionally for 30min.
- 4 Add a small amount of milk to the skim milk powder and make a paste, then add this to the mixture.
- 5 Add the grounds almonds and stir through to combine.
- 6 Fill into small ramekins and serve immediately.

Handy tips

Can be served with Fruit Compote */jam/pureed pears/pureed apple/peanut butter and mashed banana.

This can also be served cold with crème fraîche and fresh berries (or creamed mango and pineapple).

Alternatively:

- Can be made in advance and portioned into ramekins left to cool and covered with plastic wrap and another tray placed on top.
- Stored in the fridge and reheated as needed, keeping covered at all times.

Double boiler can be a large pot of water with a stainless-steel bowl placed on top (this prevents the milk from burning and helps with clean up).



* See recipe for fruit compote in Breakfast recipes.

- When tested cold the rice pudding dessert was very set. If it is to be consumed cold, stir through some cream or yoghurt to loosen it up.
- When reheated it needed 50ml of cream to be added (because when you cook with cream it reduces and thickens automatically).

IDDSI adaptations

Information on following page

Nutrition information

	Per serve (150g)	Per 100g
Energy (kJ)	1635	700
Protein (g)	13.9	6.0
Total fat (g)	19.1	8.2
Saturated fat (g)	10.3	4.4
Carbohydrate (g)	41.3	17.7
Sugars (g)	25.1	10.7
Dietary Fibre (g)	1.0	0.4
Sodium (mg)	132	56
Calcium (mg)	369	158
Phosphorous (mg)	356	153

IDDSI adaptations

IDDSI Level 6: no adaptations needed

- When cold, if cut into 15mm size cubes, it is suitable as a snack and can be picked up.

IDDSI Level 5:

- Once made consume immediately. If making in advance add some cream to loosen up the pudding.
- If serving cold, add some yoghurt/cream/crème fraiche to loosen up the pudding.

IDDSI Level 4:

If this rice mixture is blended, it will become runny and even if it is thickened with xanthan gum.

- Use ground rice instead to make this pudding so there is no need to blend the pudding a second time. (Blending starches makes them runnier and difficult to modify)
- Heat the milk, condensed milk, vanilla, skimmed milk powder along with the ground almonds, and whisk in the ground pudding rice (cooking in a double boiler).
- Continue to cook for at least 20 mins to allow for the rice to come to consistency.
- Check consistency against IDDSI testing

Chocolate mousse

Ingredients

	Serves 10	Serves 50	Serves 100
Cottage cheese	1kg	5kg	10kg
Icing sugar	70g	350g	700g
Cocoa powder	140g	700g	1.5kg
Chocolate* (optional)	200g	1kg	2kg

Method

- 1 Put the cottage cheese, cocoa, and powdered sugar into a blender and blend on high until all ingredients are combined.
- 2 Place the mousse into ramekins and chill.
- 3 Melt chocolate and cover the mousse. Leave to set.

Handy tips

Can be served with fruit compote/jam/pureed pears/pureed apple/peanut butter and mashed banana for flavour variations



IDDSI adaptations

IDDSI Level 6/5/4

- Don't add the melted chocolate on top or if you want an extra layer of chocolate, melt the chocolate with golden syrup and some water to form a chocolate sauce that won't harden.

IDDSI Level 4:

- Add some Greek yoghurt to this mixture to loosen it up and test with the fork to ensure consistency.

Finger Food Option:

- Use a small scoop or spoon to scoop small portions onto a baking sheet and freeze.
- Melt some chocolate and dip the frozen balls into the chocolate. Put back into the freezer until ready to serve.

Nutrition information

	Per serve	Per 100g
Energy (kJ)	1260	893
Protein (g)	19.8	14.0
Total fat (g)	13.9	9.9
Saturated fat (g)	8.5	6.0
Carbohydrate (g)	21.5	15.2
Sugars (g)	19.9	14.1
Dietary Fibre (g)	4.3	3.1
Sodium (mg)	302	214
Calcium (mg)	163	116
Phosphorous (mg)	300	213

Eton mess

Ingredients

	Serves 10	Serves 50	Serves 100
Meringue nests x 3	225g	1.125kg	2.25kg
Skim milk powder	400g	2kg	6kg
Mascarpone	600g	3kg	6kg
Fruit compote*	275g	1.375kg	2.75kg
Double cream	750ml	3.75L	7.5L

Method

- 1 Crush meringue into small pieces and place in a bowl.
- 2 Whip the cream.
- 3 Mix the mascarpone with the skim milk powder until all of the milk powder is combined with the cheese.
- 4 Lightly mix $\frac{2}{3}$ of the fruit compote with the mascarpone and keep the remaining for the assembly.
- 5 Fold the crushed meringues into the cream and lightly mix with the mascarpone mixture.

To assemble

Place some of the fruit compote in the bottom of a glass and layer with the mascarpone mix and whipped cream. Serve chilled.

Handy tips

Can be made in advance and skill level is minimal.

Fruit compote recipe is in the Breakfast Recipes section.



IDDSI adaptations

IDDSI Level 6/5

- no adaptation necessary.

IDDSI Level 4:

- Leave out the fruit compote and blend some fresh/frozen berries with tinned pears, sieve them and mix them with the cream cheese layer.
- Blend the meringues into a fine powder and mix them with the cream layer.

Nutrition information

	Per serve (200g)	Per 100g
Energy (kJ)	3301	1,610
Protein (g)	11.2	5.4
Total fat (g)	62.0	30.3
Saturated fat (g)	41.0	20.0
Carbohydrate (g)	48.5	23.6
Sugars (g)	46.9	22.9
Dietary Fibre (g)	1.9	0.9
Sodium (mg)	142	69
Calcium (mg)	281	137
Phosphorous (mg)	266	130

Raspberry & orange polenta parfait

Ingredients

	Serves 10	Serves 50	Serves 100
Polenta	300g	1.5kg	3kg
Orange	5	15	30
Full cream milk	2L	10L	20L
Skim milk powder	200g	1kg	2kg
Cornflour	2 tbsp	150g	300g
Pot of raspberry fromage frais	500g	2.5kg	5kg
Raspberries	500g	2kg	4kg
Icing sugar	2 tbsp	300g	600g
Greek yoghurt	200g	1kg	2kg

Method

- 1 The night before, add the polenta to $\frac{1}{4}$ of the milk, cover and put into the fridge overnight to soak.
- 2 To make the polenta, heat the remaining $\frac{3}{4}$ of the milk in a pot. Add the soaked polenta and skimmed milk powder and whisk through until smooth.
- 3 Cook on low heat for 5 min until polenta has thickened.
- 4 Using a micro-grater, finely grate the orange into the polenta with half of the icing sugar, along with the juice of the orange.
- 5 Heat the raspberries in a pot and once heated, pass through a sieve. To the puree, add the cornflour and half the icing sugar to thicken.
- 6 Allow to cool and mix in Greek yoghurt to $\frac{2}{3}$ of puree.
- 7 Assemble with the polenta and top with the raspberry mix and then raspberry puree.

HANDY TIPS

Alternatively, you could use the fruit compote recipe to top this polenta, mixed with Greek yoghurt.



IDDSI adaptations

- If this is too thick, add some Greek yoghurt to the parfait mix.
- Do not add the fruit compote for IDDSI Level 4.

Nutrition information

	Per serve	Per 100g
Energy (kJ)	1900	412
Protein (g)	21.8	4.7
Total fat (g)	11.6	2.5
Saturated fat (g)	7.2	1.6
Carbohydrate (g)	62.4	13.5
Sugars (g)	41.9	9.1
Dietary Fibre (g)	5.7	1.2
Sodium (mg)	209	45
Calcium (mg)	598	130
Phosphorous (mg)	525	114