



# Co-Creating Safe and Enjoyable Texture-Modified Meals at Home



**A Cook's Companion for People With Swallowing Difficulty**

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# Tips for Cooking and Serving Techniques



## Useful Equipment for Preparing Texture-Modified Foods

- Chopping boards
- Bowls: large, medium and small
- Whisks
- Peelers
- Forks and chopsticks for IDDSI testing
- Sieves
- Spatulas
- Tongs

- Ruler (to measure 1.5cm sized cubes for IDDSI Level 6 Soft & Bite-Sized)
- Knives: cooks' knife, paring knives and serrated knife
- Slow cooker
- Pressure cooker
- Good quality frypans (non-stick)
- Food processor with a good quality high wattage for smooth puree
- Stick mixer/blender for making Level 5 Minced & Moist
- Food moulds, cutters, piping bags and nozzles for food shaping
- Microwave for defrosting (on low power) and heating
- Food thermometer for testing the temperature of foods

## **Keeping the Kitchen and Equipment Clean and Well Maintained**

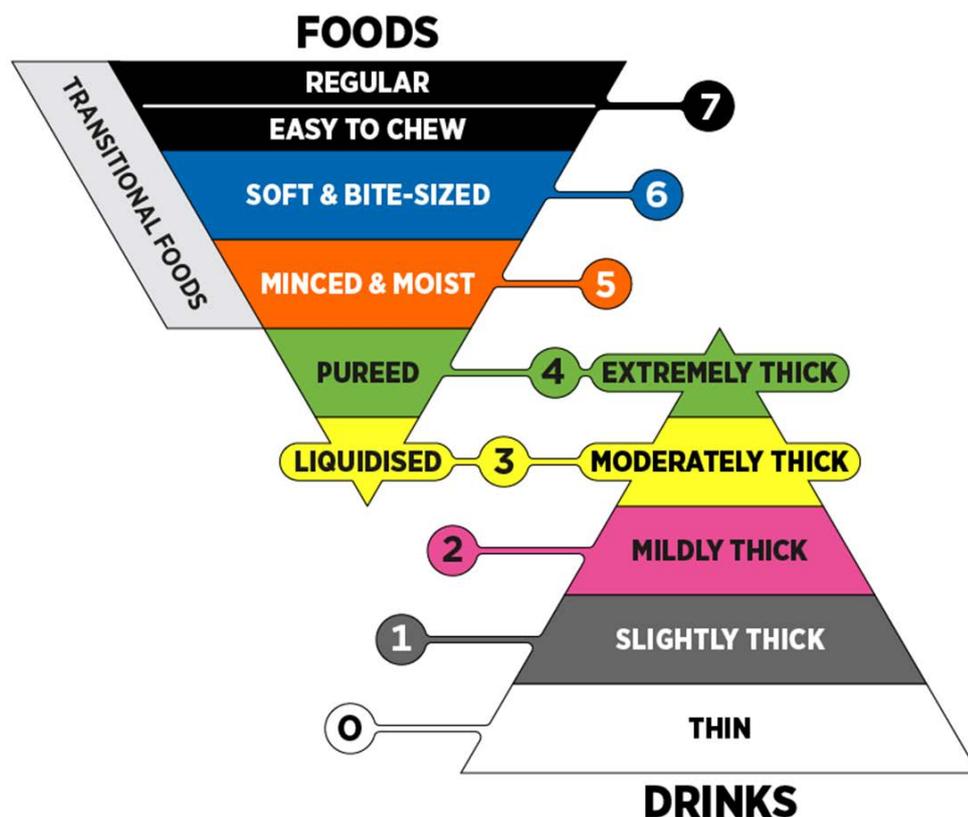
- Always follow the manufacturer's instructions for using and cleaning equipment.
- Never mix chemicals and always follow the manufacturer's instructions.
- Always maintain a high standard of cleanliness in the kitchen, and clean as you go. The dishwasher gives the best wash – use the dishwasher if available.
- Wash all items using detergent, then rinse in steaming hot water and thoroughly dry.
- Always clean bench and kitchen area before food preparation.
- Ensure sponges, dish cloths and tea towels are washed and changed regularly.
- Use disposable towels for drying hands in the kitchen.

## IDDSI Guidelines

- Have good knowledge of the [IDDSI](#) framework. Seek training if you do not feel confident with these guidelines.
- While meal planning, check your IDDSI resources for foods to avoid for each level.
- Know which foods are NOT included in each of the IDDSI levels
- Use IDDSI testing methods before serving meals. Test that the texture is correct to meet the person's swallowing needs.

# The IDDSI Framework

Providing a common terminology for describing food textures and drink thicknesses to improve safety for individuals with swallowing difficulties.



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## The Best Meats for Texture-modified Meals

- Chicken – thigh or leg
- Beef – blade, round, shin, gravy beef, boneless cuts, brisket, chuck steak
- Lamb – shoulder, shank, belly
- Pork – shoulder, belly, blade, hock
- Fish – all varieties including canned fish (salmon, tuna and sardines). Check fish fillets for bones.

### These methods of cooking meat produce softer textures:

- Braising
- Casserole
- Stewing
- Pot roasting
- Poaching



*Picture of different cuts of meat for soft food preparation.*

## Cook the Meat and Add the Meat Juice to the Sauce

Poach some skinless and boneless fish fillets or chicken in stock or milk with seasoning.

Keep the liquid to add as flavour and creaminess to fish or meat gravy, sauce, or the pureed meal.

When cooking meat, keep any liquids left in the pan to add to the puree. You can also blend the liquid with the accompanying sauce or stock for extra flavour.



## Cooking the Best Slow-Cooked Meat (Beef, Pork, Chicken or Lamb)

1. Dice the meat into 1.5cm cubes (for IDDI Level 6 Soft & Bite-Sized diet), or 2–3 cm cubes, and season with salt and pepper.
2. Brown the meat in small batches to give the dish rich colour and flavour.
3. Add vegetables – diced onions, carrots, and celery are a good combination.
4. Place the meat and the vegetables in the slow cooker on low heat.
5. Add a rich beef stock to give flavour, colour and depth to the finished dish. There are lots of packet varieties in the supermarket.

6. During cooking time, stir occasionally and adjust seasoning as required.
7. Cooking at low temperatures breaks down the meat fibres, and the meat is more tender.
8. When the meat is cooked it should be tender and ready to modify to the appropriate IDDSI texture.
9. Ensure that the cooked meat is cut into the correct size (1.5 cm X 1.5 cm for Soft & Bite-Sized, mince the meat for Minced & Moist, or blend with gravy or sauce for the Pureed texture). Test the texture using the IDDSI tests.
10. Serve with a sauce that is thick enough to hold the meat without separating.
11. Test the thickness of the sauce to ensure it is the correct thickness for the person's safety.

## Cooking the Best Vegetables and Carbohydrates

- Raw vegetables are often too crunchy, tough, or fibrous for a texture-modified meal.
- Steaming is a good way to serve softer vegetables.
- Don't overcook vegetables; they will look discoloured and unappetising.
- Before cooking, cut up root vegetables (carrot, potato) to 1.5 cm X 1.5 cm cubes for the Soft & Bite-Sized diet.
- Softer vegetables such as cauliflower, zucchini and broccoli can be modified after cooking.
- Mash potato with a mashing tool, not with a puree blender - it will turn 'gluey' and become more risky to swallow. Using a juice blender or stick blender is not recommended - go the old fashioned way and mash in a bowl.
- You can also use frozen mashed potato or sweet potato to make a puree. Just add butter, milk or cream while you are reheating the frozen mash, and stir to ensure it is the right consistency.
- Instead of water, use milk, yogurt, cream, avocado, or stocks to pureed foods. This will increase the calorie density and flavour of the dish.
- Blend well-cooked rice or pasta with sauces of the accompanying dish to add carbohydrates.
- Use a good range of spices and herbs to bring added flavour and taste to texture-modified meals.

- Consult with those who will eat the meals about the flavours they like and if they enjoy spicy foods.
- For food safety, serve hot foods piping hot and cold foods cold straight out of the fridge.
- Do not refreeze thawed food.
- Serve a variety of foods and flavours to avoid ‘flavour fatigue’ or becoming tired of having the same tastes over and over.



*A selection of vegetables suitable for cooking soft meals.*

## **Making Meals Look Attractive**

- We ‘eat with our eyes’, and every mouthful counts.
- Food needs to be tasty and delicious but also look good on the plate.
- Serve the modified dishes on a dinner plate, using the person’s recommended assistive technology (e.g., plate guard if needed). Neatly keep the different foods separate.
- Taste the modified dish before serving.
- Don’t serve the same food colours side by side (e.g., potato and cauliflower). Put food of another colour between the foods on the plate.
- Serve the gravy or sauce on the side, or on the food itself.
- Test the thickness of the sauce to check that it is the correct consistency for the person’s recommended IDDSI liquid requirements.
- Use food moulds, cutters and piping bags to make the food look more appealing.



*Food moulds and piping bags can be used to create attractive shapes of pureed food.*

## Eating Out and Parties

- Check the menu and ring ahead to find out if there is a meal that meets the person's Mealtime Plan and personal preferences.
- Find out if there is a way to modify the meal (e.g., cutting a meal into smaller pieces or the kitchen modifying the meal).
- Find out if it is possible to bring a texture-modified meal from home. If this is an option, consider:
  - Do you have a way to keep the food sufficiently hot or cold?
  - Can you bring packaged snacks that do not require heating or cooling?
- Provide a suitable substitute for the special occasion. If going to a party, include a dessert option as a substitute for birthday cake.
- Ensure you have all equipment listed in the person's Mealtime Plan, including cutlery, plates, bowls, cups, and placemats.

## Preparing Foods for Parties, Celebrations, and Travel

When outside of the house, access to foods of the correct texture may be more difficult and require planning.

At restaurants, there may not be a soft or smooth enough meal available, and some restaurants may be unwilling or unable to make modifications.

At a party or a friend's house, the food provided may not fit a person's mealtime plan. Party foods can often be hard or crumbly (chips, lollies, nuggets, cake).

There are a variety of risks to not planning for a texture-modified meal outside of the home, including:

- The person may be hungry or go without food.
- The person may risk eating something that they do not normally manage very well, increasing the risk of choking.
- The person may feel excluded if they are not made to feel welcome by being included in the meal.
- The person may stop going out if they feel excluded or embarrassed about eating.



*Party foods on a plate that look attractive: cups for pureed or minced and moist dessert, and moulded puree food shapes.*

# Food Safety and Tips for Safe Food Handling

Food and beverages can become contaminated in three ways: physically, chemically or biologically.

- A physical contaminant is a foreign body that could cause choking or damage the body during ingestion or digestion of food (e.g., hair, fish bones, wire, glass or plastic).
- A chemical contaminant could be detergent residue, pesticides on fresh produce. It may also be caused when food is stored in non-food grade containers.
- A biological contaminant could be viral, bacteria, mould or parasites. This may happen through cross-contamination or when food is left in the Temperature Danger Zone (5°C - 60°C) for too long.

Knowing what to look out for and applying good hygiene, good handling practice, and temperature control can prevent foodborne illness. If food is suspected of being contaminated, it **MUST** be discarded. When in doubt, throw it out.



*Store food in containers for freezing and using in healthy meals.*

## Allergen Management

If preparing food for someone with a known food allergy it is essential to:

- Avoid the known allergen (i.e. milk, eggs, nuts and seeds, soy, wheat, lupin, fish or shellfish)

- Check ingredients lists on all food products to ensure the allergen is not present.
- Avoid accidental contamination of food with an allergen by keeping cooking areas clean and preparing the foods for allergy sufferers separately.

## Personal Hygiene

- Maintain personal hygiene and good personal habits at all times.
- Wash hands well with soap and water at the beginning of food preparation and between every task.
- Wash your hands after touching your face, nose, hair or clothing.
- Do not prepare food if you are unwell.
- Keep jewelry to a minimum as it can be a source of contamination.
- Wear food-safe gloves as an added protection.



*Make sure to follow good hand hygiene using hand sanitiser and gloves before handling food.*

## Purchasing Food/Transport

- Purchase food and ingredients from reputable suppliers.
- Never buy food if the packaging is damaged or tins are dented.
- Never buy or use food past the “best before” or “use by” date.
- Transport chilled items in a cooler bag to maintain temperature.

## Food Storage

- Store chilled food at or below 5°C and as per manufacturer’s instructions.

- Store frozen food 'hard solid frozen' with no signs of thawing.
- Seal and cover all foods in storage.
- Store raw meat or thawing foods underneath fresh or prepared, ready-to-eat foods.
- Never overcrowd fridges or freezers.
- Check the manufacturer's instructions for shelf life after opening.
- Always label foods with the 'opened-on' date added.



*Label each food container with the food item and the date the food is stored.*

## Food Preparation

- Read information on labels and check for hidden allergens.
- Thoroughly wash and dry all fresh produce before use.
- Cook mince, sausages and chicken well, so there is no pink colour (or blood) when tested.
- Always test texture-modified food to ensure it is the correct consistency.
- Never refreeze defrosted food.
- Reheat food until steaming hot.
- Serve hot food without delay.
- Never reheat the same food twice.
- Keep an accurate food thermometer/temperature probe in the kitchen to use according to manufacturer's instructions. Clean and sanitise after each use.

# Freezing, Thawing, Re-heating, and Plating Food

## Cooling Food After it is Cooked

Temperature control and timing are very important factors in preventing harmful bacteria from growing in food. The 2-hour/4-hour rule provides guidance on how long food can be held safely at temperatures between 60°C and 5°C degrees (temperature danger zone) and the maximum allowable temperature/time limits for the cooling and cool storage of food. The rule has been scientifically checked and is based on how quickly microorganisms grow in food at temperatures between 5°C and 60°C. These limits must not be exceeded.

### How the 2 hour/4 hour rule works:

- Food held at room temperature i.e. between 5°C and 60°C for less than 2 hours can be used or put back in the refrigerator to use later.
- Food held between 5°C and 60°C for between 2 and 4 hours can still be used now, but can't be put back in the fridge.
- Food held between 5°C and 60°C for 4 hours or more must be thrown away. (reference: <https://protect-au.mimecast.com/s/IF0cCBNqn7tEBG48szMNxr?domain=foodstandards.gov.au>, <https://www.foodstandards.gov.au/foodsafety/standards/Pages/2-hour-4-hour-rule.aspx>)
- Hot foods should be served and eaten straight away or cooled for storage as quickly as possible.
- Do not put piping hot food in the fridge as it will raise the temperature of surrounding foods.
- Dividing hot food into small, shallow containers is the best way to safely and quickly cool it (leave lids off to let steam escape). Once steam is no longer coming off the food it can be placed in the fridge. Once cooled in the fridge food can be transferred to the freezer if desired.

## Freezing Food

- Once cooled, package food in desired portion sizes, label (food type, date) and place in the freezer.
- Food must be labelled for identification with product name, allergens (if applicable) and date of preparation/freezing.
- Ensure that the freezer is not overloaded and allow for air circulation.
- Discard prepared frozen food after one month.
- If freezing fresh uncooked meats, ensure these are placed in the freezer at least 48 hours before the use-by date. This will allow time for thawing in the fridge.
- Never refreeze defrosted food.

## Thawing Frozen Food

- Label and date foods once removed from the freezer, then place in the fridge to thaw.
- Ensure that thawing foods are kept separate and stored below ready-to-eat foods.
- Use foods that have been removed from the freezer and placed in the fridge within 48 hours.
- Foods that have been thawed must not be refrozen.
- If thawing in the microwave, heat and use within 30 minutes, do not place back in the fridge.
- Always thaw food out in the fridge, not on the bench or in the sink. Allow 24-48 hours for foods to thaw in the fridge.



*Remember to keep fresh and frozen vegetables in good supply.*

## Reheating Food

- Reheat foods to 75°C or steaming hot, and hold for 2 minutes at that temperature before removing from heat and serving.
- Check the core temperature of reheated foods with a temperature probe.
- Avoid slow reheating.
- If reheating in the microwave oven, use microwave-safe containers and take care to ensure even heat. Stirring may be required during the process.
- Use clean, sanitised equipment to ensure foods are protected from contamination.
- Reheat foods only once.
- Serve hot food without delay.
- Always discard food leftovers.

## Plating Food

- Use the person's assistive technology for plating (e.g., non-slip mat, plate guard, plate design).
- Check that plates are clean and are without cracks or chips.
- Serve hot food on warmed plates and cold food on cold plates.
- Plate meals for people with allergies separately.
- Plate food for visual appeal using contrast in colour, texture and shape as far as possible.
- Never plate over the rim of the plate.
- Always wipe spills on the plate with a damp disposable cloth or paper towel.
- Plate and serve food promptly to ensure the temperature is maintained.

# Menu Planning for Texture-Modified Meals

## A Fortnight of Enjoyable Meals


Be aware that the texture of the meats and other foods mentioned will need to be modified to the appropriate level and tested before being eaten. Remember to make good use of sauces and gravy to make meals softer.

- All of the meals are designed to be suitable for modifying to easier textures
- IDDSI Guidelines and Testing Methods should be used to ensure appropriate texture of foods for each IDDSI Level
- Hard/crisp edges or toppings are unsuitable and should be avoided during cooking or removed before texture modification
- Grated vegetables can be added to dishes (e.g., cooked into the bolognaise sauce, with added brown lentils)

# What's on the Menu?

## Suggestions for Major Food Ingredients

Beef	Mince	Chicken	Lamb	Pork	Fish	Eggs	Vegetarian
Roast	Nachos (no corn chips)	Roast	Roast	Roast	Crumbed	Curried eggs/rice	Mexican rice
Curry	Savoury mince and vegetables	Butter chicken	Curry	Pickled pork	Battered	Quiche, no pastry	Lasagne
Casserole/stew with vegetables and legumes	Curried mince and vegetables	Chicken vegetable pie	Casserole/stew with vegetables and legumes	Ham salad	Fish and potato pie	Quiche, pastry base	Lentil burgers
Beef mince as burgers/patties/rissoles/meatballs/bolognese	Cottage pie or shepherd's pie	Honey soy chicken with noodles and vegetables	Lamb mince as meatballs, rissoles or bolognese	Pulled pork	Baked, steamed, poached	Frittata	Macaroni cheese
Beef stroganoff	Rissoles	Sweet and sour	Lamb ragu with pasta	Sweet and sour	Casserole	Scrambled eggs	Mushroom pasta bake
Beef and vegetable stir fry	Mince and macaroni bake	Satay	Lamb sausages	Sausages/curried sausages	Tuna mornay pasta bake	Egg and potato salad	Bolognese using vegetarian mince
Corned meat	Lasagne	Chicken rissoles Turkey rissoles	Lamb with honey mustard sauce	Sausage pasta bake	Salmon patties	Egg, cauliflower, potato curry	Vegetable chickpea curry
Braised steak and onions	Chow mein	Chicken parmigiana			Mediterranean fish casserole		Spinach feta lasagne
Sausages/curried sausages	Mince stroganoff	Chicken meatballs with pasta			Salmon bean bake		
Beef fajitas	Taco meatballs	Chicken pesto pasta			Curry		

# Recipes for Texture-Modified Meals

These recipes are all designed to showcase a range of textures from the IDDSI recommendations. The recipes can be adapted across multiple IDDSI levels.

You should always check a person's Mealtime Plan before preparing meals and ensure you have the correct texture.



*Serving suggestion.*

## Recipes

1. Juicy and Tender Blade Roast
  - a. IDDSI level 7 Regular
  - b. IDDSI level 7 Easy to Chew
  - c. IDDSI level 6 Soft & Bite-Sized
  - d. IDDSI level 5 Minced & Moist
  - e. IDDSI level 4 Pureed
2. Creamy Butter Chicken
  - a. IDDSI level 7 Regular
  - b. IDDSI level 7 Easy to Chew
  - c. IDDSI level 6 Soft & Bite-Sized
  - d. IDDSI level 5 Minced & Moist
  - e. IDDSI level 4 Pureed

3. Beautiful Broccoli
  - a. IDDSI level 6 Soft & Bite-Sized
  - b. IDDSI level 5 Minced & Moist
  - c. IDDSI level 4 Pureed
4. Perfect Pumpkin
  - a. IDDSI level 6 Soft & Bite-Sized
  - b. IDDSI level 5 Minced & Moist
  - c. IDDSI level 4 Pureed
5. Creative Veggie Rice (IDDSI level 5 Minced & Moist)
6. Chicken Casserole (IDDSI level 7 Regular)
7. Poached Fish in Milk (IDDSI level 7 Regular)
8. Peaches with Custard
  - a. IDDSI level 6 Soft & Bite-Sized
  - b. IDDSI level 5 Minced & Moist
  - c. IDDSI level 4 Pureed
9. Lemon Pudding
  - a. IDDSI level 6 Soft & Bite-Sized
  - b. IDDSI level 5 Minced & Moist
  - c. IDDSI level 4 Pureed
10. Madeira Cake
  - a. IDDSI level 6 Soft & Bite-Sized
  - b. IDDSI level 5 Minced & Moist
  - c. IDDSI level 4 Pureed
11. Terrific Tropical Fruit Smoothie (can be thickened to IDDSI levels)

# Juicy and Tender Blade Roast: IDDSI Level 7 Regular



Preparation time: 10 minutes  
Total cooking time: 6 hours and  
10 minutes



Regular



Serves 6

## Method

Steps 1-5 of this recipe are used in the recipes that follow for Level 6, Level 5, and Level 4.

Step	Visual prompt	Method
<b>Step 1. Ingredients</b> <ul style="list-style-type: none"><li>• 1.2kg to 1.4kg beef blade roast</li><li>• 2 tablespoons olive oil</li><li>• 1 teaspoon dry thyme</li><li>• 2 teaspoons salt</li><li>• ½ teaspoon pepper</li><li>• 2 beef stock cubes</li><li>• Water</li></ul>		Remove packaging from beef blade roast. Place the beef on a clean cutting board and rub well with ½ of the olive oil and all of the thyme, salt and pepper.
<b>Step 2. Searing</b>		Place a frypan over medium heat, add the rest of the olive oil. Carefully place the beef roast fat side down into the frying pan and brown for 4-6 minutes.

Step	Visual prompt	Method
<p><b>Step 3.</b> Slow cooker cooking</p>		<p>Remove the beef from the pan and place in the slow cooker then add the pan juices. Sprinkle the beef stock cubes over the beef and then add enough water to nearly cover. Set the slow cooker to a low setting for approx. 6 hours. Check the meat is tender. If not, continue cooking.</p>
<p><b>Step 4.</b> Casserole oven cooking</p>		<p>Pre-heat the oven by turning it on 20 minutes before use. Casserole can also be made on top of the stove on a low heat in a heavy pan with a lid. Remove the beef from the pan and place in a casserole dish for the oven or stove top, then add the pan juices. Sprinkle the beef stock cubes over the beef and then add enough water to nearly cover. Put the casserole lid on and place in the oven or stove top. Set the oven to a moderately low setting for approx. 2-4 hours. Use a low heat if cooking on the stove top. Check the meat is tender. If not, continue cooking.</p>
<p><b>Step 5.</b> Resting</p>		<p>Remove beef from the slow cooker or oven and let it rest (cover with foil) for 15 minutes.</p>
<p><b>Step 6.</b> Serving</p>		<p>Slice the meat and serve with vegetables and gravy. Use the reserved liquid to make delicious gravy.</p>

# Juicy and Tender Slow-Cooked Blade Roast: IDDSI Level 7 Easy to Chew



Additional Preparation  
time: 5 min



Easy to Chew



120g portion  
serve

## Method

Steps 1-5. Follow steps 1-5 for the 'Juicy and Tender Slow-Cooked Blade Roast' recipe.

Step	Visual prompt	Method
<b>Step 6. Resting</b>		When the roast beef has rested, using a sharp serrated knife or sharp knife, slice the meat across the grain of the beef.
<b>Step 7. Testing IDDSI Level 7</b>		Test that the meat easily breaks apart with a fork and passes the fork pressure test, by pressing it with a fork and ensuring it stays squashed once removing the fork.  If you eat meat, taste the meat and judge if the food is 'easy' to 'bite' and 'soft' to chew.

Step	Visual prompt	Method
<p><b>Step 8.</b> Serving</p>		<p>Serve on a plate with a variety of vegetables and a jug of gravy on the side.</p>

### Test the texture: Is it IDDSI Level 7 Easy to Chew?

- Normal, everyday foods of a soft and tender texture
- Any method may be used to eat these foods (e.g., fingers, fork, spoon, chopsticks)
- Food piece size is not restricted in Level 7; therefore, foods may be a range of sizes. Food pieces can be smaller or bigger than 1.5cm x 1.5cm
- Do not use foods that are: hard, tough, chewy, fibrous, have stringy textures, pips, seeds, bones or gristle
- You should be able to ‘bite off’ pieces of soft and tender foods and choose bite-sizes that are safe to chew and swallow
- Your tongue should be able to move food for chewing and apply pressure until the food is soft and moist enough to be easily swallowed

# Juicy and Tender Blade Roast: IDDSI Level 6 Soft & Bite- Sized



Additional Preparation  
time: 5 min



Soft & Bite-  
Sized



120g portion  
serve

## Method

Steps 1-5. Follow steps 1-5 for the 'Juicy and Tender Slow-Cooked Blade Roast' recipe.

Step	Visual prompt	Method
<b>Step 6. Testing IDDSI Level 6</b>		<p>When the roast beef has rested, test that the meat easily breaks apart with a fork and passes the fork pressure test, by pressing it with a fork and ensuring it stays squashed once removing the fork. If it can, then cut it into 1.5cm pieces. If it cannot, then it is more suitable for mincing for the Minced &amp; Moist Diet recipe.</p>
<b>Step 7. Serving</b>		<p>Serve on a plate with correct sized (1.5cm X 1.5cm) vegetables with gravy.</p> <p>Gravy consistency must be made to the correct IDDSI level for each person.</p>

## Test the texture: Is it IDDSI Level 6 Soft & Bite-Sized?

- Soft, tender and moist, but with no thin liquid leaking or dripping from the food.
- Ability to 'bite off' a piece of food is not required
- Ability to chew 'bite-sized' pieces so that they are safe to swallow is required.
- 'Bite size' pieces no bigger than 1.5cm x 1.5cm in size
- Food can be mashed or broken down with the pressure from a fork
- A knife is not required to cut this food

# Juicy and Tender Blade Roast: IDDSI Level 5 Minced & Moist



Additional Preparation  
time: 5 min



Minced & Moist



120g portion  
serve

## Method

Steps 1-5. Follow steps 1-5 for the 'Juicy and Tender Slow-Cooked Blade Roast' recipe.

Step	Visual prompt	Method
<p><b>Step 6. Mincing</b></p>		<p>Place hot cooked roast beef into a bowl with a hand-blender attachment, pulse several times till a minced texture is visible.</p>
<p><b>Step 7. Testing IDDSI Level 5</b></p>	<p style="text-align: center;">   </p> 	<p>Check the minced meat using the spoon tilt method: the food should hold its shape on the spoon, then fall off the spoon easily when tilted. Adjust as required. The pieces should be no larger than 4mm and should pass through the tines of a fork.</p>

Step	Visual prompt	Method
<p><b>Step 8. Serving</b></p>		<p>Add thickened gravy to hold the minced meat.</p> <p>Place minced meat in a small bowl on a dinner plate with vegetables served around the bowls. Serve with gravy on the meat and a jug of gravy on the side.</p> <p>Gravy consistency must be made to the correct IDDSI level for each person.</p>

### Test the texture: Is it IDDSI Level 5 Minced & Moist?

- Soft, moist, but with no liquid leaking or dripping from the food
- Biting is not required
- Minimal chewing required
- Lumps of 4mm in size (fit through prongs of a fork)
- Lumps can be mashed with the tongue
- Food can be easily mashed with just a little pressure from a fork
- Should be able to scoop food onto a fork, with no liquid dripping and no crumbs falling off the fork

# Juicy and Tender Blade Roast: IDDSI Level 4 Pureed



Additional Preparation  
time: 5 min



Pureed



120g portion  
serve

## Method

Steps 1-5. Follow steps 1-5 for the 'Juicy and Tender Slow-Cooked Blade Roast' recipe.

Step	Visual prompt	Method
<b>Step 6. Mincing</b>		Place hot cooked roast beef into a blender (need a high wattage to puree), add a small amount of reserved beef liquid. Pulse till combined, add more liquid slowly and blend on medium speed until the puree consistency is achieved. If you add too much liquid, then thickener may be required.
<b>Step 7. Testing IDDSI Level 4</b>	 	Check the pureed meat using the spoon tilt method: the food should hold its shape on the spoon, then fall off the spoon easily when tilted, then the fork drip test, by picking up some puree with a fork and ensuring no liquid drips through the tines of the fork. Adjust as required. Serve on a plate.

Step	Visual prompt	Method
<p><b>Step 8. Serving</b></p>		<p>Use a piping bag or food moulds and serve in a smaller bowl on the plate.</p> <p>Place pureed meat in a small bowl on a dinner plate with vegetables served around the bowls.</p> <p>Serve with gravy on the meat and a jug of gravy on the side.</p> <p>Gravy consistency must be made to the correct IDDSI level for each person.</p>

### Test the texture: Is it IDDSI Level 4 Pureed?

- Are usually eaten with a spoon
- Does not require chewing
- Have a smooth texture with no lumps
- Puree holds shape on a spoon
- Falls off the spoon when tilted (not sticky)
- Gravies and sauces must not separate from the puree

# Creamy Butter Chicken: IDDSI Level 7 Regular

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Preparation time: 10 minutes  
Total cooking time: 3 hours and  
45 minutes



Serves 4

## Method

This recipe can also be cooked in a slow cooker on low for approximately 4 hours instead of oven cooking for 2.5 hours.

Step	Visual prompt	Method
<b>Step 1. Ingredients</b> <ul style="list-style-type: none"><li>• 600g chicken Maryland skin on</li><li>• 2 tablespoons olive oil</li><li>• 1 bottle of butter chicken sauce</li><li>• 100ml cream</li></ul>		<p>In a medium bowl, toss the chicken with the combined butter sauce and cream.</p> <p>Cover and chill in the fridge for 1hr or overnight.</p> <p>Pre-heat oven to 160-degree fan-forced setting. Grease a medium to large baking dish (heavy based if possible) and line with baking paper.</p>

Step	Visual prompt	Method
<p><b>Step 2.</b> Searing</p>		<p>Place a frypan over medium heat, add the olive oil. Add the marinated chicken and brown and seal on each side. Add the remaining sauce to the pan and gently simmer.</p>
<p><b>Step 3.</b> Cooking</p>		<p>Remove and place the chicken in the baking dish and add the butter sauce on top. Cover the chicken with a sheet of baking paper and then cover with foil.</p> <p>Place in oven for 2.5 hours.</p> <p>You can also cook this in a slow cooker for 4-6 hours.</p>
<p><b>Step 4.</b> Checking texture and further cooking if needed</p>		<p>Check the tenderness of the chicken; if more cooking is required, place it in the oven for a further 30 minutes.</p> <p>Remove from the oven and let sit on rack and rest for 10 minutes.</p>
<p><b>Step 6.</b> Serving</p>		<p>Slice the meat. Serve with rice and vegetables.</p>

# Creamy Butter Chicken: IDDSI Level 7 Regular Easy to Chew

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Additional Preparation  
time: 5 min



Easy to Chew



120g portion  
serve

## Method

Steps 1-4. Follow steps 1-4 for the 'Slow-Cooked Mild Creamy Butter Chicken' recipe.

Step	Visual prompt	Method
<b>Step 5.</b> Removing skin and bones		When the butter chicken has rested, use your hands in food-safe gloves or two forks and remove the chicken's skin and bones.
<b>Step 6.</b> Testing IDDSI Level 7		Test that the chicken easily breaks apart with a fork and passes the fork pressure test, by pressing it with a fork and ensuring it stays squashed once removing the fork.

Step	Visual prompt	Method
<p><b>Step 7. Serving</b></p>		<p>Serve on a plate with a variety of vegetables and a jug of sauce on the side.</p> <p>Gravy consistency must be made to the correct IDDSI level for each person.</p>

### Test the texture: Is it IDDSI Level 7 Easy to Chew?

- Normal, everyday foods of a soft and tender texture
- Any method may be used to eat these foods (e.g., fork, spoon, chopsticks)
- Food piece size is not restricted in Level 7; therefore, foods may be a range of sizes. Food pieces can be smaller or bigger than 1.5cm x 1.5cm
- Do not use foods that are: hard, tough, chewy, fibrous, have stringy textures, pips, seeds, bones or gristle
- You should be able to 'bite off' pieces of soft and tender foods and choose bite-sizes that are safe to chew and swallow
- Your tongue should be able to move food for chewing and apply pressure until the food is soft and moist enough to be easily swallowed

# Creamy Butter Chicken: IDDSI Level 6 Soft & Bite-Sized



Additional Preparation  
time: 5 min



Soft & Bite-Sized



120g portion  
serve

## Method

Steps 1-4. Follow steps 1-4 for the 'Slow-Cooked Mild Creamy Butter Chicken' recipe.

Step	Visual prompt	Method
<b>Step 5.</b> Removing skin and bones		When the butter chicken has rested, use your hands in food-safe gloves or two forks and remove the chicken's skin and bones.
<b>Step 6.</b> Testing IDDSI Level 6		<p>When the butter chicken has rested, test that the chicken easily breaks apart with a fork and passes the fork pressure test, by pressing it with a fork and ensuring it stays squashed once removing the fork. If it can, then cut it into 1.5cm pieces with a ruler.</p> <p>If the chicken does not pass the test, then further modify the meat to mince and serve as a Mince &amp; Moist texture.</p>

Step	Visual prompt	Method
<b>Step 7. Serving</b>		<p>Serve on a plate with correct size vegetables and sauce, or a jug of sauce on the side.</p> <p>Gravy consistency must be made to the correct IDDSI level for each person.</p>

### Test the texture: Is it IDDSI Level 6 Soft & Bite-Sized?

- Soft, tender and moist, but with no thin liquid leaking or dripping for the food
- Ability to 'bite off' a piece of food is not required
- Ability to chew 'bite-sized' pieces so that they are safe to swallow is required
- 'Bite size' pieces no bigger than 1.5cm x 1.5cm in size
- Food can be mashed or broken down with the pressure from a fork
- A knife is not required to cut this food

# Creamy Butter Chicken: IDDSI Level 5 Minced & Moist



Additional Preparation  
time: 5 min



Minced & Moist



120g portion  
serve

## Method

Steps 1-4. Follow steps 1-5 of the 'Slow-Cooked Mild Creamy Butter Chicken' recipe.

Step	Visual prompt	Method
<b>Step 5.</b> Removing skin and bones		When the butter chicken has rested, use your hands in food-safe gloves or two forks and remove the chicken's skin and bones.
<b>Step 6.</b> Mincing		Place hot cooked butter chicken into a bowl with a hand blender attachment, pulse several times till a minced texture is visible.

Step	Visual prompt	Method
<p><b>Step 7. Testing IDDSI Level 5</b></p>	 	<p>Check the minced meat using the spoon tilt method: the food should hold its shape on the spoon, then fall off the spoon easily when tilted. Adjust as required. The pieces should be no larger than 4mm and should pass through the tines of a fork.</p>
<p><b>Step 7. Serving</b></p>		<p>Add thickened sauce to hold the minced chicken.</p> <p>Place minced chicken in a small bowl and place on a dinner plate with vegetables served around the bowls. Serve with sauce or a jug of sauce on the side.</p> <p>Gravy consistency must be made to the correct IDDSI level for each person.</p>

### Test the texture: Is it IDDSI Level 5 Minced & Moist?

- Soft and moist, but with no liquid leaking or dripping from the food
- Biting is not required
- Minimal chewing required
- Lumps of 4mm in size (fit through prongs of a fork)
- Lumps can be mashed with the tongue
- Food can be easily mashed with just a little pressure from a fork
- Should be able to scoop food onto a fork, with no liquid dripping and no crumbs falling off the fork

# Creamy Butter Chicken: IDDSI Level 4 Pureed



Additional Preparation  
time: 5 min



Pureed



120g portion  
serve

## Method

Steps 1-4. Follow steps 1-5 of the 'Slow-Cooked Mild Creamy Butter Chicken' recipe.

Step	Visual prompt	Method
<b>Step 5.</b> Removing skin and bones		When the butter chicken has rested, use your hands in food-safe gloves or two forks and remove the chicken's skin and bones.
<b>Step 6.</b> Pureeing		Place hot chicken (no skin or bones) into a high-wattage blender. Add a small amount of reserved butter sauce and pulse until combined. Add more sauce slowly and blend on medium speed till pureed consistency is achieved. If you add too much liquid, a thickener may be required.

Step	Visual prompt	Method
<b>Step 7. Testing IDDSI Level 4</b>		<p>Check the pureed meat using the spoon tilt method: the food should hold its shape on the spoon, then fall off the spoon easily when tilted, then the fork drip test, by picking up some puree with a fork and ensuring no liquid drips through the tines of the fork. Adjust as required.</p>
<b>Step 8. Serving</b>		<p>Use a piping bag or food moulds and serve in a smaller bowl on the plate.</p> <p>Place puree chicken in a small bowl and place on a dinner plate with vegetables served around the bowls. Serve with sauce or a jug of sauce on the side.</p> <p>Sauce consistency must be made to the correct IDDSI level for each person.</p>

### Test the texture: Is it IDDSI Level 4 Pureed?

- Are usually eaten with a spoon
- Do not require chewing
- Have a smooth texture with no lumps
- Holds shape on a spoon
- Falls off the spoon when tilted (not sticky)
- Gravies and sauces must not separate from the puree

# Beautiful Broccoli: IDDSI Level 6 Soft & Bite-Sized



Preparation time: 2 minutes  
Total cooking time: 10 minutes



Soft & Bite-Sized



2 serves

Step	Visual prompt	Method
<b>Step 1. Ingredients</b> <ul style="list-style-type: none"> <li>• 1 cup cooked fresh or frozen broccoli florets</li> <li>• Salt to taste</li> <li>• 1 teaspoons butter, margarine or olive oil</li> </ul>		<p>Put broccoli into a saucepan and add seasoning. Cover with cold water and cook on medium heat until soft. Be careful not to overcook the broccoli. Broccoli can also be microwaved. Drain broccoli in a strainer and place it on a chopping board.</p>
<b>Step 2. Testing IDDSI Level 6</b>		<p>Test that the broccoli easily breaks apart with a fork and passes the fork pressure test, by pressing it with a fork and ensuring it stays squashed once removing the fork. If it does, then cut it into 1.5cm pieces.</p>
<b>Step 3. Serving</b>		<p>Add the butter/margarine or olive oil to broccoli, and place neatly on the plate.</p>

## Test the texture: Is it IDDSI Level 6 Soft & Bite-Sized?

- Soft, tender and moist, but with no thin liquid leaking or dripping from the food
- Ability to 'bite off' a piece of food is not required
- Ability to chew 'bite-sized' pieces so that they are safe to swallow is required
- 'Bite size' pieces no bigger than 1.5cm x 1.5cm in size
- Food can be mashed or broken down with the pressure from a fork
- A knife is not required to cut this food

# Beautiful Broccoli: IDDSI Level 5 Minced & Moist



Preparation time:  
2 minutes



Minced & Moist



2 serves

Step	Visual prompt	Method
<b>Step 1. Ingredients</b> <ul style="list-style-type: none"> <li>• 1 cup cooked fresh or frozen broccoli florets</li> <li>• Salt to taste</li> <li>• 1 teaspoons butter, margarine or olive oil</li> </ul>	Cooking 	Put broccoli into a saucepan and add seasoning. Cover with cold water and cook on medium heat until soft. Be careful not to overcook the broccoli. Broccoli can also be microwaved. Drain broccoli in a strainer and place it on a chopping board.
<b>Step 2. Testing IDDSI Level 5</b>		Cut through with a sharp knife till you get a minced consistency.  Check the broccoli using the spoon tilt method: the food should hold its shape on the spoon, then fall off the spoon easily when tilted. Adjust as required. The pieces should be no larger than 4mm and should pass through the tines of a fork.
<b>Step 3. Serving</b>		Add the butter/margarine or olive oil to broccoli, and place neatly on the plate.

## Test the texture: Is it IDDSI Level 5 Minced & Moist?

- Soft and moist, but with no liquid leaking or dripping from the food
- Biting is not required
- Minimal chewing required
- Lumps of 4mm in size (fit through prongs of a fork)
- Lumps can be mashed with the tongue
- Food can be easily mashed with just a little pressure from a fork
- Should be able to scoop food onto a fork, with no liquid dripping and no crumbs falling off the fork

# Beautiful Broccoli: IDDSI Level 4 Pureed Diet



Preparation time:  
3-5 minutes



Pureed



2 serves

## Method

Step	Visual prompt	Method
<p><b>Step 1. Ingredients</b></p> <ul style="list-style-type: none"> <li>• 1 cup cooked fresh or frozen broccoli florets</li> <li>• Salt to taste</li> <li>• 1 teaspoons butter, margarine or olive oil</li> </ul>		<p>Put broccoli into a saucepan and add seasoning. Cover with cold water and cook on medium heat until soft. Be careful not to overcook the broccoli. Broccoli can also be microwaved. Drain broccoli in a strainer and place it in the blender.</p>
<p><b>Step 2. Testing IDDSI Level 4</b></p>		<p>Pulse the cooked broccoli until it is pureed, and add butter, margarine, olive oil or cream. Blend to a smooth consistency.</p> <p>Check the broccoli using the spoon tilt method: the food should hold its shape on the spoon, then fall off the spoon easily when tilted. Then do the fork drip test, by picking up some puree with a fork and ensuring no liquid drips through the tines of the fork. Adjust as required.</p>

Step	Visual prompt	Method
<b>Step 3. Serving</b>		Use the side of a dessert spoon to spoon onto the plate. Place the puree in a piping bag and pipe onto the plate.

### Test the texture: Is it IDDSI Level 4 Pureed?

- Are usually eaten with a spoon
- Does not require chewing
- Have a smooth texture with no lumps
- Puree holds shape on a spoon
- Falls off the spoon when tilted (not sticky)
- Gravies and sauces must not separate from the puree

# Perfect Pumpkin: IDDSI Level 6 Soft & Bite-Sized



Preparation time:  
10 minutes



Soft & Bite-Sized



2 serves

Step	Visual prompt	Method
<b>Step 1. Ingredients</b> <ul style="list-style-type: none"> <li>• 1 cup cooked pumpkin diced to 1.5cm x 1.5cm</li> <li>• Salt to taste</li> <li>• 1 teaspoons butter, margarine or olive oil</li> </ul>		<p>Peel and cut pumpkin into 1.5x1.5cm pieces. Put the pumpkin into a saucepan and seasoning. Cover with cold water and cook on medium heat and cook until soft. Be careful not to overcook the pumpkin.</p> <p>Drain excess water off the pumpkin.</p>
<b>Step 2. Testing IDDSI Level 6</b>		<p>Test that the pumpkin easily breaks apart with a fork and passes the fork pressure test, by pressing it with a fork and ensuring it stays squashed once removing the fork.</p>
<b>Step 3. Serving</b>		<p>Add butter, margarine or olive oil to the pumpkin.</p> <p>Place neatly on the dinner plate.</p>

## Test the texture: Is it IDDSI Level 6 Soft & Bite-Sized?

- Soft, tender and moist, but with no thin liquid leaking or dripping for the food
- Ability to 'bite off' a piece of food is not required
- Ability to chew 'bite-sized' pieces so that they are safe to swallow is required
- 'Bite size' pieces no bigger than 1.5cm x 1.5cm in size
- Food can be mashed or broken down with the pressure from a fork
- A knife is not required to cut this food

# Perfect Pumpkin: IDDSI Level 5 Minced & Moist



Preparation time:  
10 minutes



Minced & Moist



2 serves

## Method

Step	Visual prompt	Method
<p><b>Step 1. Ingredients</b></p> <ul style="list-style-type: none"> <li>• 1 cup cooked pumpkin diced to 1.5cm x 1.5cm</li> <li>• Salt to taste</li> <li>• 1 teaspoons butter, margarine or olive oil</li> </ul>		<p>Peel and cut pumpkin into 1.5x1.5cm pieces. Put the pumpkin into a saucepan and seasoning. Cover with cold water and cook on medium heat and cook until soft. Be careful not to overcook the pumpkin.</p> <p>Drain pumpkin using a sieve. Place pumpkin back into the saucepan, add butter/margarine or olive oil, mash with a potato masher till combined.</p>
<p><b>Step 2. Testing IDDSI Level 5</b></p>		<p>Check the pumpkin using the spoon tilt method: the food should hold its shape on the spoon, then fall off the spoon easily when tilted. Adjust as required. The pieces should be no larger than 4mm and should pass through the tines of a fork.</p>

Step	Visual prompt	Method
<b>Step 3.</b> Serving		Place pumpkin in a piping bag and pipe onto the plate, or use the side of a dessert spoon to spoon onto the plate.

### Test the texture: Is it IDDSI Level 5 Minced & Moist?

- Soft and moist, but with no liquid leaking or dripping from the food
- Biting is not required
- Minimal chewing required
- Lumps of 4mm in size (fit through prongs of a fork)
- Lumps can be mashed with the tongue
- Food can be easily mashed with just a little pressure from a fork
- Should be able to scoop food onto a fork, with no liquid dripping and no crumbs falling off the fork

# Perfect Pumpkin: IDDSI Level 4 Pureed



Preparation time:  
10 minutes



Pureed



2 serves

Step	Visual prompt	Method
<p><b>Step 1. Ingredients</b></p> <ul style="list-style-type: none"> <li>• 1 cup cooked pumpkin diced to 1.5cm x 1.5cm</li> <li>• Salt to taste</li> <li>• 1 teaspoons butter, margarine or olive oil</li> </ul>		<p>Peel and cut pumpkin into 1.5x1.5cm pieces. Put the pumpkin into a saucepan and seasoning. Cover with cold water and cook on medium heat and cook until soft. Be careful not to overcook the pumpkin.</p> <p>Drain pumpkin in a strainer well, place in blender and pulse till combined. Add butter/margarine or olive oil and blend to a smooth consistency.</p>
<p><b>Step 2. Testing IDDSI Level 4</b></p>		<p>Check the pumpkin using the spoon tilt method: the food should hold its shape on the spoon, then fall off the spoon easily when tilted. Then do the fork drip test, by picking up some puree with a fork and ensuring no liquid drips through the tines of the fork. Adjust as required.</p>
<p><b>Step 3. Serving</b></p>		<p>Place pumpkin in a piping bag and pipe onto the plate, or use the side of a dessert spoon to spoon onto the plate.</p>

## Test the texture: Is it IDDSI Level 4 Pureed?

- Are usually eaten with a spoon
- Does not require chewing
- Have a smooth texture with no lumps
- Puree holds shape on a spoon
- Falls off the spoon when tilted (not sticky)
- Gravies and sauces must not separate from the puree

# Creative Veggie Rice: IDDSI Level 5 Minced & Moist



Preparation time:  
2 minutes



Minced & Moist



2 serves

Step	Visual prompt	Method
<b>Step 1. Ingredients</b> <ul style="list-style-type: none"> <li>• 1 cup cooked cauliflower, broccoli and carrot vegetable rice.</li> <li>• Salt to taste</li> <li>• 1 teaspoons butter, margarine or olive oil</li> </ul>		<p>Add vegetables to a pot of boiling water, or a microwave steamer, and cook until soft.</p> <p>Drain cooked vegetable rice into a strainer, place back into the saucepan, add butter/margarine or olive oil, and mash with a mashing tool.</p>
<b>Step 2. IDDSI Level 5</b>		<p>Check the vegetable rice using the fork test. The pieces should be no larger than 4mm and should pass through the tines of a fork.</p>
<b>Step 3. Serving</b>		<p>Plating tip: place a scone cutter on a plate and fill to the top with the vegetable rice. Remove the scone cutter carefully.</p>

## Test the texture: Is it IDDSI Level 5 Minced & Moist?

- Soft and moist, but with no liquid leaking or dripping from the food
- Biting is not required
- Minimal chewing required
- Lumps of 4mm in size (fit through prongs of a fork)
- Lumps can be mashed with the tongue
- Food can be easily mashed with just a little pressure from a fork
- Should be able to scoop food onto a fork, with no liquid dripping and no crumbs falling off the fork

# Chicken Casserole: IDDSI Level 7 Regular



Preparation time: 15 minutes



Regular



Serves 4

Step	Visual prompt	Method
<b>Step 1. Ingredients</b> <ul style="list-style-type: none"><li>• 2 tablespoons of butter</li><li>• 2 tablespoons olive oil</li><li>• 4 x chicken Maryland's skin on</li><li>• Salt and pepper to season</li><li>• 1 large, sliced onion</li><li>• 2 tsp garlic crushed</li><li>• 2 x bay leaves</li><li>• 200gr butter mushrooms</li><li>• 2 chicken stock cubes</li><li>• 250ml water</li><li>• 1 teaspoon thyme</li></ul>		<p>Mix together the salt, pepper, garlic, thyme with 1 tablespoon of the olive oil and mix well in a medium size bowl. Add chicken.</p> <p>Rub mixture into the chicken Maryland's and let sit 5 minutes</p>
<b>Step 2. Preparing</b>		<p>Place a frypan over medium heat, add the rest of the olive oil and 1 tbsp of the butter.</p> <p>Carefully place the chicken skin side down and brown the chicken on each side for a few minutes. (place lid on frypan while frying.)</p> <p>Add onion and mushrooms, rest of the butter and sauté, add water and chicken stock cubes. Simmer for 5 – 6 minutes.</p>

Step	Visual prompt	Method
<p><b>Step 3. Cooking</b></p>		<p>Place chicken mixture in lined baking dish and cover with a sheet of baking paper and alfoil. Place in pre-heated oven 150 degrees for 2 hours</p> <p>Slow cooker – place chicken mixture in slow cooker cover with lid and set on high setting for 1 hour and then turn to low for 1.30hrs</p> <p>Chicken should be tender and nearly falling of the bones.</p> <p>Serve chicken dish with vegetables and potatoes.</p>
<p><b>Step 4. Testing IDDSI Level 7</b></p>		<p>Modify and test the IDDSI level before serving.</p>

# Poached Fish in Milk: IDDSI Level 7 Regular



Preparation time: 5 minutes

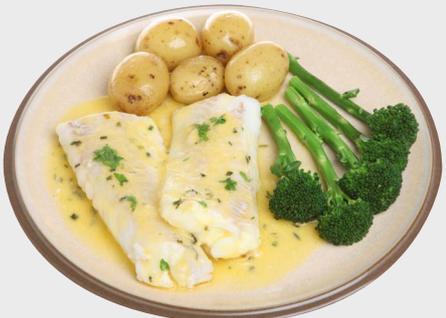


Regular



Serves 4

Step	Visual prompt	Method
<b>Step 1. Ingredients</b> <ul style="list-style-type: none"><li>• 2 dessertspoons of butter or margarine</li><li>• 450g boneless white fish (no skin)</li><li>• 750ml Milk (enough to half cover the fish)</li><li>• 2 x Bay leaf</li><li>• 1 onion sliced</li><li>• 2 cloves garlic chopped</li><li>• ½ tsp Thyme</li><li>• Salt and pepper</li><li>• Lemon wedges</li></ul>		Pour the milk into a large frypan with lid. Add enough milk that will half cover but not submerge the fish. Add the bay leaf, sliced onion, garlic and thyme. Bring to the boil and reduce to a low simmer.
<b>Step 2. Preparing</b>		Season the boneless/skinless fish with salt and pepper and lay gently in the milk.

Step	Visual prompt	Method
<p><b>Step 3. Cooking</b></p>		<p>Cover frypan with lid and poach for approx. 5 minutes or until the fish starts to flake. *try not to overcook</p> <p>Remove the fish gently from the pan, strain the liquid and blend to a smooth consistency Option *use some of a store product powder (bechamel or cheese sauce) to thicken the sauce to a smooth consistency. Taste, season if necessary.</p>
<p><b>Step 4. Serving</b></p>		<p>Plate the fish, pour the sauce over the fish, and serve with rice or potato and vegetables. Serve with a lemon wedge.</p>

# Peaches with Custard: IDDSI Level 6 Soft & Bite-Sized



Preparation time: 5 minutes



Soft & Bite-Sized



1 serve

Step	Visual prompt	Method
<b>Step 1. Ingredients</b> <ul style="list-style-type: none"> <li>• 1 single serve cup of diced peaches</li> <li>• 100ml – 1L pre-made custard</li> <li>• Whipped cream (can) optional</li> </ul>		<p>Drain juice from peaches and set aside.</p>
<b>Step 2. Testing IDDSI Level 6</b>		<p>Test that the peaches easily break apart with a fork and passes the fork pressure test, by pressing it with a fork and ensuring it stays squashed once removing the fork. If it does, then cut it into 1.5cm pieces.</p>
<b>Step 3. Serving</b>		<p>In a bowl or glass, add the custard and then add drained peaches on top.</p> <p>For an extra treat, add some whipped cream just before serving.</p>

## Test the texture: Is it IDDSI Level 6 Soft & Bite-Sized?

- Soft, tender and moist, but with no thin liquid leaking or dripping for the food
- Ability to 'bite off' a piece of food is not required
- Ability to chew 'bite-sized' pieces so that they are safe to swallow is required
- 'Bite size' pieces no bigger than 1.5cm x 1.5cm in size
- Food can be mashed or broken down with the pressure from a fork
- A knife is not required to cut this food

# Peaches with Custard: IDDSI Level 5 Minced & Moist



Preparation time:  
5 minutes



Minced & Moist



1 serve

Step	Visual prompt	Method
<b>Step 1. Ingredients</b> <ul style="list-style-type: none"> <li>• 1 single serve cup of diced peaches</li> <li>• 200ml – 1L pre-made custard</li> <li>• Whipped cream (can) optional</li> </ul>		<p>Drain juice from peaches and set aside.</p> <p>Place peaches in a hand blender bowl and pulse till minced consistency is achieved.</p>
<b>Step 2. Testing IDDSI Level 5</b>		<p>Check the peaches using the spoon tilt method: the food should hold its shape on the spoon, then fall off the spoon easily when tilted. Adjust as required. The pieces should be no larger than 4mm and should pass through the tines of a fork.</p>
<b>Step 3. Serving</b>		<p>In a bowl or glass, add the custard and then add minced peaches on top.</p> <p>For an extra treat, add some whipped cream just before serving.</p>

## Test the texture: Is it IDDSI Level 5 Minced & Moist?

- Soft and moist, but with no liquid leaking or dripping from the food
- Biting is not required
- Minimal chewing required
- Lumps of 4mm in size (fit through prongs of a fork)
- Lumps can be mashed with the tongue
- Food can be easily mashed with just a little pressure from a fork
- Should be able to scoop food onto a fork, with no liquid dripping and no crumbs falling off the fork

# Peaches with Custard: IDDSI Level 4 Pureed



Preparation time:  
5 minutes



Pureed



1 serve

Step	Visual prompt	Method
<p><b>Step 1. Ingredients</b></p> <ul style="list-style-type: none"> <li>• 1 single serve cup of diced peaches</li> <li>• 200ml – 1L pre-made custard</li> <li>• Whipped cream (can) optional</li> </ul>		<p>Drain juice from peaches and set aside.</p> <p>Place peaches in a hand blender bowl and blend on high till puree consistency is achieved, if unsure, pass-through sieve.</p>
<p><b>Step 2. Testing IDDSI Level 4</b></p>		<p>Check the peaches using the spoon tilt method: the food should hold its shape on the spoon, then fall off the spoon easily when tilted. Then do the fork drip test, by picking up some puree with a fork and ensuring no liquid drips through the tines of the fork. Adjust as required.</p>
<p><b>Step 3. Serving</b></p>		<p>In a bowl or glass, add the custard and then add minced peaches on top.</p> <p>For an extra treat, add some whipped cream just before serving.</p>

## Test the texture: Is it IDDSI Level 4 Pureed?

- Are usually eaten with a spoon
- Does not require chewing
- Have a smooth texture with no lumps
- Puree holds shape on a spoon
- Falls off the spoon when tilted (not sticky)
- Gravies and sauces must not separate from the puree

# Lemon Pudding: IDDSI Level 6 Soft & Bite-Sized



Preparation time:  
5 minutes



Soft & Bite-Sized  
(1.5cm x 1.5cm)



1 - 4 serves

Step	Visual prompt	Method
<b>Step 1. Ingredients</b> <ul style="list-style-type: none"> <li>• 1 packet of self-saucing pudding mix (serves 4) cooked</li> <li>• 100ml pre-made custard</li> </ul>		<p>Make and cook the pudding mix as per directions.</p>
<b>Step 2. Testing IDDSI Level 6</b>		<p>The pudding cake should be moist and soft, but test that the pudding easily breaks apart with a fork and passes the fork pressure test, by pressing it with a fork and ensuring it stays squashed once removing the fork. If it does, then cut it into 1.5cm pieces. If it doesn't, then soak with a little milk.</p>
<b>Step 3. Serving</b>		<p>Pour custard into a bowl. Cut the cake into 1.5cm x 1.5cm pieces, and place on top of the custard with some of the sauce while still warm.</p>

## Test the texture: Is it IDDSI Level 6 Soft & Bite-Sized?

- Soft, tender and moist, but with no thin liquid leaking or dripping for the food
- Ability to 'bite off' a piece of food is not required
- Ability to chew 'bite-sized' pieces so that they are safe to swallow is required
- 'Bite size' pieces no bigger than 1.5cm x 1.5cm in size
- Food can be mashed or broken down with the pressure from a fork
- A knife is not required to cut this food

# Lemon Pudding: IDDSI Level 5 Minced & Moist



Preparation time:  
3 minutes



Minced & Moist



1 serve

Step	Visual prompt	Method
<b>Step 1. Ingredients</b> <ul style="list-style-type: none"> <li>1 packet of self-saucing pudding mix (serves 4) cooked</li> <li>100ml pre-made custard</li> </ul>		<p>Make and cook the pudding mix as per directions.</p> <p>Place a portion of the self-saucing pudding on a chopping board, and dice to a minced consistency.</p>
<b>Step 2. Testing IDDSI Level 5</b>		<p>Check the pudding using the spoon tilt method: the food should hold its shape on the spoon, then fall off the spoon easily when tilted. Adjust as required. The pieces should be no larger than 4mm and should pass through the tines of a fork.</p>
<b>Step 3. Serving</b>		<p>Pour custard into a bowl and place the minced pudding with some of the pudding sauce on top.</p> <p>Pour custard into a bowl and place the minced pudding with some of the pudding sauce on top.</p>

## Test the texture: Is it IDDSI Level 5 Minced & Moist?

- Soft and moist, but with no liquid leaking or dripping from the food
- Biting is not required
- Minimal chewing required
- Lumps of 4mm in size (fit through prongs of a fork)
- Lumps can be mashed with the tongue
- Food can be easily mashed with just a little pressure from a fork
- Should be able to scoop food onto a fork, with no liquid dripping and no crumbs falling off the fork

# Lemon Pudding: IDDSI Level 4 Pureed



Preparation time:  
5 minutes



Pureed



1 serve

Step	Visual prompt	Method
<b>Step 1. Ingredients</b> <ul style="list-style-type: none"> <li>1 packet of self-saucing pudding mix (serves 4) cooked</li> <li>100ml pre-made custard</li> </ul>		<p>Make and cook the pudding mix as per directions.</p> <p>Place the self-saucing pudding with some sauce in a blender and blend to a smooth consistency.</p>
<b>Step 2. Testing IDDSI Level 4</b>		<p>Check the pudding using the spoon tilt method: the food should hold its shape on the spoon, then fall off the spoon easily when tilted. Then do the fork drip test, by picking up some puree with a fork and ensuring no liquid drips through the tines of the fork. Adjust as required.</p>
<b>Step 3. Serving</b>		<p>Place the pureed pudding in the bottom of a dish or bowl and top with custard.</p> <p>To add some colour and flavour, add a little strawberry topping in the middle of the cup.</p> <p>It can also be served with cream.</p>

## Test the texture: Is it IDDSI Level 4 Pureed?

- Are usually eaten with a spoon
- Do not require chewing
- Have a smooth texture with no lumps
- Hold a shape on a spoon
- Fall off the spoon when tilted (not sticky)
- Gravies and sauces must not separate from the puree

# Madeira Cake: IDDSI Level 6 Soft & Bite-Sized



Preparation time:  
5 minutes



Soft & Bite-Sized  
(1.5cm x 1.5cm)



1 serve

Step	Visual prompt	Method
<b>Step 1. Ingredients</b> <ul style="list-style-type: none"> <li>• 1 serve of Madeira cake (pre-made)</li> <li>• Cold milk for soaking the cake</li> <li>• 100ml pre-made custard</li> </ul>		<p>Cut the cake into 1.5cm x 1.5cm pieces.</p> <p>Add milk on top to just soak into the cake. Soak for a few minutes.</p>
<b>Step 2. Testing IDDSI Level 6</b>		<p>Test that the cake easily breaks apart with a fork and passes the fork pressure test, by pressing it with a fork and ensuring it stays squashed once removing the fork. If it does, then cut it into 1.5cm pieces.</p>
<b>Step 3. Serving</b>		<p>Pour the custard into a bowl.</p> <p>Place the cake carefully on top of the bowl of custard.</p>

## Test the texture: Is it IDDSI Level 6 Soft & Bite-Sized?

- Soft, tender and moist, but with no thin liquid leaking or dripping for the food
- Ability to 'bite off' a piece of food is not required
- Ability to chew 'bite-sized' pieces so that they are safe to swallow is required
- 'Bite size' pieces no bigger than 1.5cm x 1.5cm in size
- Food can be mashed or broken down with the pressure from a fork
- A knife is not required to cut this food

# Madeira Cake: IDDSI Level 5 Minced & Moist



Preparation time:  
5 minutes



Minced & Moist



1 serve

Step	Visual prompt	Method
<b>Step 1. Ingredients</b> <ul style="list-style-type: none"> <li>• 1 serve Madeira cake</li> <li>• Cold milk for soaking the cake</li> <li>• 100ml pre-made custard</li> </ul>		<p>In a bowl, place the cake (break apart with a fork) and add enough cold milk to soak the cake.</p> <p>Leave for a few minutes to soak. (if you add too much milk, stain the milk).</p>
<b>Step 2. Testing IDDSI Level 5</b>		<p>Check the cake using the spoon tilt method: the food should hold its shape on the spoon, then fall off the spoon easily when tilted. Adjust as required. The pieces should be no larger than 4mm and should pass through the tines of a fork.</p>
<b>Step 3. Serving</b>		<p>Pour the custard into a bowl.</p> <p>Place the cake carefully on top of the bowl of custard.</p> <p>Serve with cream.</p>

## Test the texture: Is it IDDSI Level 5 Minced & Moist?

- Soft and moist, but with no liquid leaking or dripping from the food
- Biting is not required
- Minimal chewing required
- Lumps of 4mm in size (fit through prongs of a fork)
- Lumps can be mashed with the tongue
- Food can be easily mashed with just a little pressure from a fork
- Should be able to scoop food onto a fork, with no liquid dripping and no crumbs falling off the fork

# Madeira Cake: IDDSI Level 4 Pureed



Preparation time:  
5 minutes



Pureed



1 serve

Step	Visual prompt	Method
<b>Step 1. Ingredients</b> <ul style="list-style-type: none"> <li>• 1 serve Madeira cake</li> <li>• Cold milk for soaking the cake</li> <li>• 100ml pre-made custard</li> </ul>		<p>In a bowl, place the cake (break apart with a fork) and add enough cold milk to soak the cake.</p> <p>Leave for a few minutes to soak. (if you add too much milk, stain the milk).</p> <p>Place in a blender and blend until smooth.</p>
<b>Step 2. Testing IDDSI Level 4</b>		<p>Check the cake using the spoon tilt method: the food should hold its shape on the spoon, then fall off the spoon easily when tilted. Then do the fork drip test, by picking up some puree with a fork and ensuring no liquid drips through the tines of the fork. Adjust as required by adding more cake or milk.</p>
<b>Step 3. Serving</b>		<p>Place the puree pudding in the bottom of a dish or bowl and top with custard.</p> <p>To add some colour and flavour, add a little strawberry topping.</p> <p>Top with cream.</p>

## Test the texture: Is it IDDSI Level 4 Pureed?

- Are usually eaten with a spoon
- Does not require chewing
- Have a smooth texture with no lumps
- Puree holds shape on a spoon
- Falls off the spoon when tilted (not sticky)
- Gravies and sauces must not separate from the puree

# Terrific Tropical Fruit Smoothie



Preparation time:  
3 minutes



2 serves

Step	Visual prompt	Method
<p><b>Step 1. Ingredients</b></p> <ul style="list-style-type: none"> <li>• 1 small banana, peeled and chopped</li> <li>• ½ cup of frozen mango (semi thawed), or fresh mango or pawpaw</li> <li>• ¾ cup of full cream milk</li> <li>• 3 dessertspoons of Greek yoghurt</li> <li>• 2 teaspoons honey</li> </ul>		<p>Place all ingredients in a blender</p> <p>Blend on medium to high speed till a smooth pureed consistency is achieved.</p> <p>Pour into 2 glasses or milk bottle. Serve chilled</p>
<p><b>Step 2. Testing IDDSI Levels</b></p>	 	<p>For a thickened fluid, thicken with a commercial thickener - following manufactures instructions and IDDSI testing protocols.</p> <p>Test the fluid thickness using IDDSI tests to determine if it meets IDDSI Level 4 (Pureed / Extremely Thick) or IDDSI Level 3 (Moderately Thick) or IDDSI Level 2 (Mildly Thick) or IDDSI Level 1 (Slightly thick) or IDDSI Level 0 (Thin).</p>

Step	Visual prompt	Method
<b>Step 3. Serving</b>		This fruit smoothie should be tested as soon as it is prepared and consumed as soon as it is tested.

## Preparing for Parties, Celebrations and Travel Tip Sheet



A party or celebration brings excitement, joy and inclusion to people with dysphagia. Food does not have to be boring and tasteless.

This will take planning and being creative with the understanding of IDDSI diets, to create beautiful flavours, textures and visual appeal. Follow the person's Mealtime Plan and adjust for likes and dislikes.

### Preparation tips:

- Look at the menu for the party or celebration
- Remember taste and flavour is key.
- Prepare foods and serve in clear glasses or cups to give more visual appeal and anticipation.

### Birthday Party or Celebration: A Savoury Option

- There are many pre-made foods available in the supermarket and with a little imagination you can create an appealing visual delight.

### Example:

- layered Mexican cup
- Avocado, taco sauce, sour cream/cheese – these components can be altered for IDDSI levels.



### Birthday Party or Celebration: A Sweet Option

- Pureed cake as a base, whipped cream pre-made custard, strawberry or chocolate mousse topping, to create a layered delight.
- Make sure the texture of each layer matches the person's required IDDSI level.



## Travel Foods

- Small thermos – make a homemade soup e.g., pumpkin, pea and ham, vegetarian.
- Serve sour cream or natural yogurt with soups
- Snack idea: mousse or panna cotta with mango in a plastic container with lid.
- Offer variety each time.
- Look for commercially available pre-packaged items (e.g., creamy rice in a can, pureed fruit cups, diced fruit (drain juice), individual yogurts, custards, mousses, creme caramels, canned tuna, tuna and rice meals, hummus, guacamole, refried beans in a can.
- 'Use a travel container with separate compartments if texture modified food is required – an easy option is to use a silicone large ice block tray (eg from K Mart) and slip it into a lunch box – six separate compartments instantly.





