



Preparation Instructions:

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

Please visit our website:

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

Puree HOT LINE- 1-877-271-3570

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

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

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Microwave: *(from frozen)*

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

Please note: No more than 12 oz. of pasta should be prepared in the microwave at a time. **If preparing 3 portions: From Frozen:** Cook on HIGH POWER SETTING until an internal temperature of 165°F is reached (170-180°F for Mac & Cheese and Spaghetti & Meat Sauce).

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

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

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

Please note: Keep portion at least 6" away from heating element when using a conventional oven.

Stove Top: *(from frozen or thawed)*

Fill 1 inch of water into a flat pan or cooking vessel. Turn stove on medium heat and wait until water begins to simmer. Place puree portion film side up into the water. Do not remove or puncture film. Water should not cover top of portion. Cover cooking vessel with lid or foil. Simmer until an internal temperature of 165°F is reached (170-180°F for Mac & Cheese and Spaghetti & Meat Sauce). DO NOT OVERCOOK. Do not let water level become extremely low or evaporate completely. Water may need to be added during cooking. Remove portion from pan. Let stand for 3 to 5 minutes; Remove film from tray, fan sides of product to loosen, flip over and tap until product releases from tray.

Holding on Steam Table: *(for holding purposes only)*

Product to be held on the steam table before serving should always be kept in the mold with film intact to maintain moisture. Can be held on steam table at

minimum 140°F for up to 1.5 hours. Place cooked product in pan and add between 3 fl.oz. to 4 fl.oz. of water to help retain moist environment. Keep covered with foil or pan lid in between serving.

Retherm: Can be prepared from frozen or thawed. Follow your retherm equipment manufacturer instructions.

Out of Mold: (from frozen only)

IMPORTANT: Mac & Cheese, Spaghetti & Meat Sauce Pasta cannot be prepared "Out of Mold"

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

Please note: PRODUCT SHAPES WILL SLIGHTLY DEFORM USING THIS METHOD

From Thawed: CANNOT THAW & REMOVE FROM TRAY

For Fruits & Desserts that do not require cooking

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

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



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

PACK SIZE (oz.)	DESCRIPTION	CONVENTIONAL OVEN 235° F		CONVECTION OVEN 235° F		MICROWAVE (1,400 WATT)		STEAMER / STOVE TOP							
		FROZEN TEMP °F	THAWED TEMP °F	FROZEN TEMP °F	THAWED TEMP °F	FROZEN Med. power TIME	THAWED High power TIME	FROZEN TEMP °F	THAWED TEMP °F	FROZEN TIME	THAWED TIME				
PUREE MEATS															
3	Roast Turkey	235	30-35	235	25-30	235	25-30	235	25-30	5	3-3 ½	212	25-30	212	25-30
3	Country Style Pork	235	30-35	235	25-30	235	25-30	235	25-30	5	3-3 ½	212	25-30	212	25-30
3	Baked Ham	235	30-35	235	25-30	235	25-30	235	25-30	5	3-3 ½	212	25-30	212	25-30
3	Herbed Fish Fillet	235	30-35	235	25-30	235	25-30	235	25-30	5	3-3 ½	212	25-30	212	25-30
3	Savory Roast Beef	235	30-35	235	25-30	235	25-30	235	25-30	5	3-3 ½	212	25-30	212	25-30
3	Southern Style Chicken	235	30-35	235	25-30	235	25-30	235	25-30	5	3-3 ½	212	25-30	212	25-30
3	Beef Patty	235	30-35	235	25-30	235	25-30	235	25-30	5	3-3 ½	212	25-30	212	25-30
PUREE VEGETABLES															
3.2	Glazed Carrots	235	30-35	235	25-30	235	25-30	235	25-30	5	3-3 ½	212	25-30	212	25-30
3.2	Country Style Green Beans	235	30-35	235	25-30	235	25-30	235	25-30	5	3-3 ½	212	25-30	212	25-30
3.2	Corn on the Cob	235	30-35	235	25-30	235	25-30	235	25-30	5	3-3 ½	212	25-30	212	25-30
3.2	Seasoned Peas	235	30-35	235	25-30	235	25-30	235	25-30	5	3-3 ½	212	25-30	212	25-30
3.2	Garden Broccoli	235	30-35	235	25-30	235	25-30	235	25-30	5	3-3 ½	212	25-30	212	25-30
PUREE BREAKFAST															
3	Scrambled Eggs	235	30-35	235	25-30	235	25-30	235	25-30	5	3-3 ½	212	25-30	212	25-30
3	Sausage Link	235	30-35	235	25-30	235	25-30	235	25-30	5	3-3 ½	212	25-30	212	25-30
3	Bacon Strip	235	30-35	235	25-30	235	25-30	235	25-30	5	3-3 ½	212	25-30	212	25-30
3	Maple Cinnamon French Toast	235	30-35	235	25-30	235	25-30	235	25-30	5	3-3 ½	212	25-30	212	25-30
2.5	Waffle	235	30-35	235	25-30	235	25-30	235	25-30	5	3-3 ½	212	25-30	212	25-30
2.5	Pancake	235	30-35	235	25-30	235	25-30	235	25-30	5	3-3 ½	212	25-30	212	25-30
PUREE SPECIALTIES															
3	Homestyle Bread	235	30-35	235	25-30	235	25-30	235	25-30	5	3-3 ½	212	25-30	212	25-30
3	Cheese Pizza	235	30-35	235	25-30	235	25-30	235	25-30	5	3-3 ½	212	25-30	212	25-30
4	Macaroni & Cheese	235	60	235	60	235	60	235	60	6	4-4 ½	212	35-40	212	35-40
4	Spaghetti & Meat Sauce	235	60	235	60	235	60	235	60	6	4-4 ½	212	35-40	212	35-40

Steam Table & Retherm / Follow instruction on front of sheet

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