

Soaking Solutions

A soaking solution is made of liquid (i.e. water or juice) thickened with **Resource® ThickenUp®** and poured over different foods such as cakes, sandwiches and biscuits. Soaking solutions alter the consistency of foods making it safer and easier for you to eat.



Soaking Solution Recipe

4 servings

Ingredients:

- 225ml Liquid (milk, juice or water)
- 10g Resource® ThickenUp®

Method:

- Using a fork or small whisk, stir the liquid briskly whilst slowly adding **Resource® ThickenUp®**.
- Place food into the soaking solution or pour the soaking solution over the food using about 50ml per serving.
- Carefully portion food onto plate, cover and refrigerate for at least one hour or until food is completely saturated and the texture has changed.
- Do not attempt to move the soaked food or rearrange as this will spoil its shape.

NB: Food prepared using a soaking solution should not contain seeds, raisins, dates, nuts, coconut or other ingredients that would be suitable for inclusion in a pureed diet.

Denser foods such as biscuits require more standing time to absorb the soaking solution.

Resource® ThickenUp® Recipes

Potato salad

4-6 servings

Ingredients:

- 250g Potato salad
- 50ml Milk
- 2 tsp Resource® ThickenUp®

Method:

- Start to puree the potato salad. When smooth add the milk a little at a time and continue to puree until all lumps are removed and the mixture is smooth.
- Add **Resource® ThickenUp®** and stir briskly until thoroughly mixed. Serve as an accompaniment to a soaked sandwich or with pureed cold meat.
NB: The potato salad used should not contain chives or herbs which are difficult to puree. If using ready made potato salad, it should be passed through a sieve before serving.

Peach Melba

6 servings

Ingredients:

- 6 Slices Madeira Cake cut into approx 5cm rounds, 3/4 cm thick
- 150ml Soaking solution **Topping:** • 250g Pureed tinned peaches mixed smooth with Resource® ThickenUp® • 2 1/2 tbsp Resource® ThickenUp® **Garnish:** • 100ml Smooth Raspberry Coulis whisked smooth with 1 1/2 tbsp Resource® ThickenUp®

Method:

- Soak the cake in the soaking solution. Set out on a plate and spoon over enough of the remaining solution to ensure a thorough soaking takes place. Position a scoop of the thickened pureed fruit neatly on top.
- Spoon or pipe a little of the raspberry coulis over the fruit. Refrigerate this dessert for AT LEAST 2 HOURS. The minimum time must be allowed to ensure that the soaking solution has fully penetrated the sponge.

Peach Melba **CONTUNUED**

The dessert may be frozen. If freezing, freeze immediately after making and defrost thoroughly in the refrigerator prior to serving. (Do not freeze or refrigerate with the topping in place and garnish prior to serving).

NOTE: This pudding will keep in the fridge for at least 3-4 hours. Different pudding ideas using a different theme could be;

Black Forest

Use plain chocolate cake and a tin of cherries following a similar preparation method as above. Use the juice as a soaking solution and top with a scoop of the pureed thickened cherries. Top with chocolate sauce just prior to serving.

Pear Belle Helene

Use plain chocolate cake soaked in a soaking solution made with drained fruit juice and a little extra apple juice. Use tinned pears for the puree and top with bought chocolate sauce, thickened if required. (Do not use the chocolate sauce that solidifies on contact with cold items).

Pasta Salad

6 servings

Ingredients:

- 250g Pasta Salad
- 50ml Milk
- 3 tsp Resource® ThickenUp®

Method:

- Start to puree the pasta salad. Add the milk a little at a time until a smooth puree is achieved.
- Sieve the salad if required. There should be no residual lumps or fibrous material left.
- Stir in Resource® ThickenUp® until thoroughly mixed. Serve as an accompaniment to a soaked sandwich or as part of a pureed cold meat platter.

Savoury Sandwich Rolls

1 serving

Ingredients:

- *Slices of white or brown bread*
- *Suitable smooth filling*
- *Soaking solution*

Method:

- Spread sliced white or brown bread with a suitable smooth filling. Roll the bread as if making a Swiss roll.
- Anchor carefully all the way along the roll with cocktail sticks at regular intervals about 1cm apart.
- Cut in between each cocktail stick and soak thoroughly with the soaking solution.
- Chill for 2 hours, check thorough soaking has taken place and then serve.

Resource® Dessert Energy Recipes

Black Forest Dessert

2 servings

Ingredients:

- One cup of Resource® Dessert Energy Chocolate flavour
- Tin of black cherries, pureed
- Slice of chocolate cake, soaked in a soaking solution made from the drained juice/ liquid from the cherries

Method:

- Place $\frac{1}{3}$ of the **Resource® Dessert Energy** in the bottom of a small dessert dish.
- Spoon over this a thin layer of a drained pureed tin of black cherries.
- Add a thin slice of the soaked chocolate.
- Repeat this twice more until all of the pudding is used.
- Decorate with a little more cherry puree.

Pear and Ginger Biscuit Layer

1 serving

Ingredients:

- One cup of *Resource*[®] *Dessert Energy*, Vanilla or Caramel
- 2 ginger biscuits
- Pureed pear or any other fruit, i.e. pureed tinned peaches

Method:

- Using a small plastic freezer bag and a rolling pin, carefully crush 2 ginger biscuits.
- Take a suitable glass and place $\frac{1}{4}$ of the crumbs in the bottom using syrup or juice from the tinned fruit to moisten the biscuits or use a soaking solution made with orange juice if preferred.
- Place a small amount of pureed pear on top.
- Place a couple of teaspoons of **Resource**[®] **Dessert Energy** vanilla or caramel flavour over this.
- Repeat until either the glass is full or the dessert is used up.
- Top with pureed peach or pear to decorate before serving.