

# Festive MENUS

for adults with  
**SWALLOWING  
DIFFICULTIES  
OR DYSPHAGIA**  
and for the  
whole family







These festive recipes have been created with the desire to make the holiday season a time for all the family to share and be together.

*Season's Greetings with all  
good wishes for the New Year!*  
*Enjoy!*



# Festive MENUS



for adults with **SWALLOWING  
DIFFICULTIES OR DYSPHAGIA**  
and for the whole family

**IN CASE OF FOOD ALLERGIES:**  
please check the ingredient labels  
carefully and make sure the menu  
does not contain allergens

Check  
**TEXTURE / VISCOSITY**  
before serving  
and eating

If you have  
**DIETARY RESTRICTIONS,**  
please seek advice from a  
healthcare professional





# Festive MENUS



for adults with  
**SWALLOWING  
DIFFICULTIES  
OR DYSPHAGIA**  
and for the  
whole family



## Starters



### Salmon Timbale

smoked salmon served on avocado mousse  
and orange vinaigrette



### Prawn Delight

grilled prawns served with infused oil  
and quail egg yolk emulsion



### Boletaire Soup

forest mushroom soup served  
with spring garlic and truffle



## Main Course



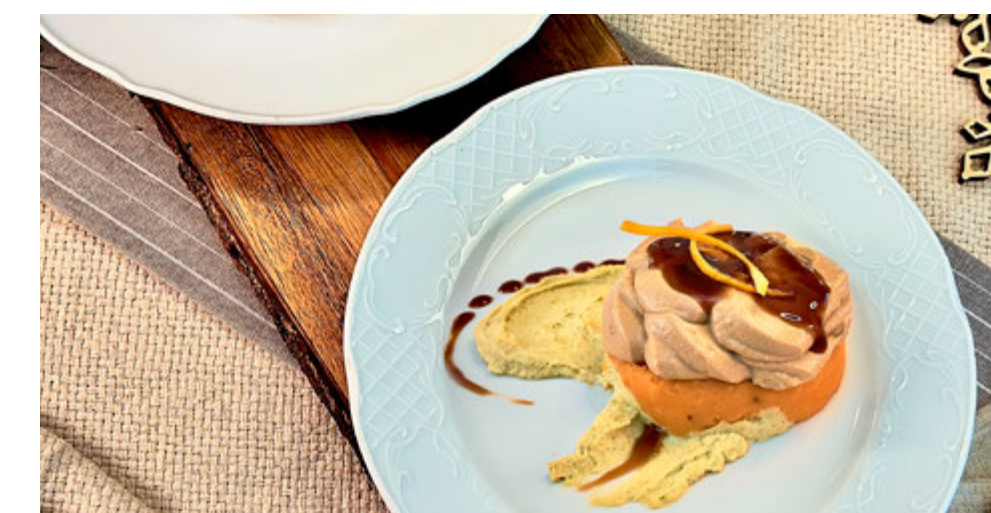
### Lamb Geschnetzeltes

mushrooms and chives  
on baked potatoes



### Orange Glazed Turkey

served with prunes  
on vegetables



### Teriyaki Grilled Seitan

with parsnips, sweet potatoes  
on edamame hummus bed



## Dessert



### Chocolate Mousse

with whipped cream  
and chocolate ganache



### Crème Brûlée

topped with caramelized  
winter apple



### Spicy Pears

on rum reduction mousse



## Drinks





# Salmon Timbale

smoked salmon served  
on avocado mousse  
and orange vinaigrette

**IDDSI LEVEL ?**  
**4** Pureed Food

**DIFFICULTY LEVEL**  
**EASY**

**PREPARATION TIME**  
**35 MIN.**

**SERVINGS PER RECIPE**  
**4**



TIPS OF THE CHEF +

PRESENTATION +



## INGREDIENTS

### SALMON

- 250g smoked salmon
- 20g fresh ginger
- 75ml lemon (2 lemons)
- 15ml water
- 1 scoop ThickenUp® Clear

### AVOCADO MOUSSE

- 10g fresh garlic
- 50ml Champagne / Cava
- Lime zest
- 150g organic avocados
- 5ml olive oil
- 100g Greek yogurt
- 1 scoop ThickenUp® Clear

### VINAIGRETTE

- 100ml freshly pressed orange juice
- 25ml olive oil
- A pinch of salt
- 2 scoops ThickenUp® Clear

## PREPARATION

### SALMON

1. Check the salmon thoroughly to remove any bones.
2. Cut into 4mm pieces. Marinate the salmon in the lemon juice and the sliced ginger for 20 min. Keep in the fridge.
3. Remove the ginger slices, squeeze the lemon and blend 1 (serving) portion of the salmon with a small part of the lemon juice and 15ml of water.
4. Check the texture and stir in 1 scoop of ThickenUp® Clear.

### AVOCADO MOUSSE

5. Chop the garlic and sauté\* in the pan with the lime zest in olive oil until tender.
6. Add the champagne and reduce for 5 min. until the alcohol evaporates. Remove from heat.
7. Mix the garlic, avocado, yogurt, lime zest and the Greek yogurt.
8. Separate a serving portion and blend together with the olive oil and 1 scoop of ThickenUp® Clear. Add a little water if needed and blend until the mix is smooth and safe.

### VINAIGRETTE

9. Emulsify the freshly pressed orange juice, olive oil, the salt and the ThickenUp® Clear.



# Salmon Timbale

smoked salmon served  
on avocado mousse  
and orange vinaigrette

 IDDSI LEVEL 4 **Pureed Food**

 DIFFICULTY LEVEL **EASY**

 PREPARATION TIME **35 MIN.**

 SERVINGS PER RECIPE **4**

TIPS OF THE CHEF +

PRESENTATION +



Arrange the plate with the **non-textured option** for the rest of the family in two layers and decorate with the vinaigrette

With a **spoon**, alternate the **salmon and the avocado** in tiers forming a flower from the edges to the inside of the plate and decorate with the vinaigrette





# Salmon Timbale

smoked salmon served  
on avocado mousse  
and orange vinaigrette



IDDSI LEVEL ?  
**4** Pureed Food



DIFFICULTY LEVEL  
**EASY**



PREPARATION TIME  
**35 MIN.**

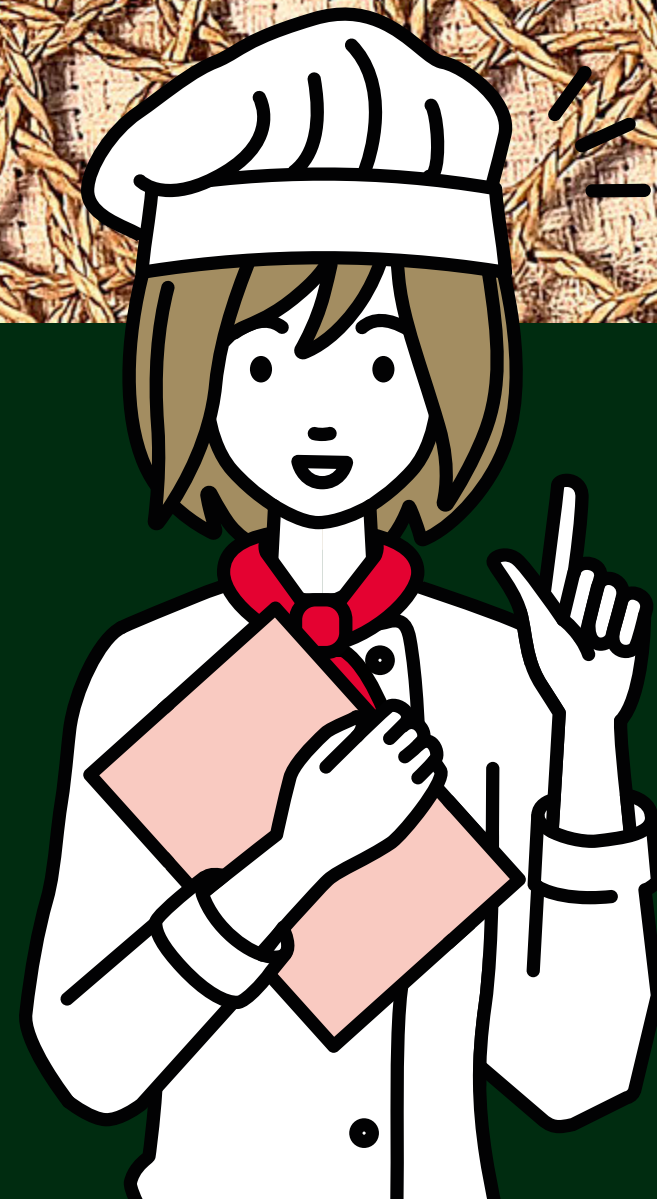


SERVINGS PER RECIPE  
**4**



TIPS OF THE CHEF +

PRESENTATION +



✓ **For a spicier version**, don't remove all the ginger and blend with the salmon

✓ **In case of lactose intolerance**, use coconut milk instead of Greek yogurt





# Prawn Delight

grilled prawns served  
with infused oil and  
quail egg yolk emulsion

 IDDSI LEVEL 5  
Minced & Moist

 DIFFICULTY LEVEL EASY

 PREPARATION TIME 25 MIN.

 SERVINGS PER RECIPE 4

TIPS OF THE CHEF +

PRESENTATION +



## INGREDIENTS

### PRAWNS

- 250g whole uncooked prawns (fresh or frozen)
- 125ml white wine
- 1 scoop ThickenUp® Clear
- Olive oil

### REDUCTION

- 4 quail egg yolks
- 7ml olive oil
- A pinch of salt
- 1/2 scoop ThickenUp® Clear

## PREPARATION

### PRAWNS

1. Clean the prawns. Peel the prawns, remove their heads and tails and clean them by removing the black thread from their column. Preserve the heads.
2. In a frying pan lightly sauté the prawns with olive oil until they whiten. Let cool and cut into 3-4mm pieces. Keep to one side.

### REDUCTION

3. On medium heat, in a frying pan, sauté the prawns heads with olive oil, while pressing to extract the juices. Allow to concentrate for 2-3 min. until dark. Remove heads.
4. Add the white wine, let it reduce at medium-low heat for 2 min. Remove from heat.
5. In a blender, blend the broth with 1 scoop of ThickenUp® Clear.
6. Add the chopped prawns. Stir.

### QUAIL YOLK EMULSION

7. With a fork in a medium-size container, stir/emulsify 1 quail egg yolk with half of the olive oil, a pinch of salt and 1/2 scoop of ThickenUp® Clear.



# Prawn Delight

grilled prawns served  
with infused oil and  
quail egg yolk emulsion

 IDDSI LEVEL **5** Minced & Moist

 DIFFICULTY LEVEL **EASY**

 PREPARATION TIME **25 MIN.**

 SERVINGS PER RECIPE **4**

TIPS OF THE CHEF +

PRESENTATION +



**Flatten the prawns lightly**, and shape from outer edge inwards

Top the timbales of prawns with the **quail yolk emulsion** and decorate with a few **drops of olive oil** and a few **strips of chives**

**VARIATION:** Arrange the dish with the fresh yolk without emulsifying for the rest of the family





# Prawn Delight

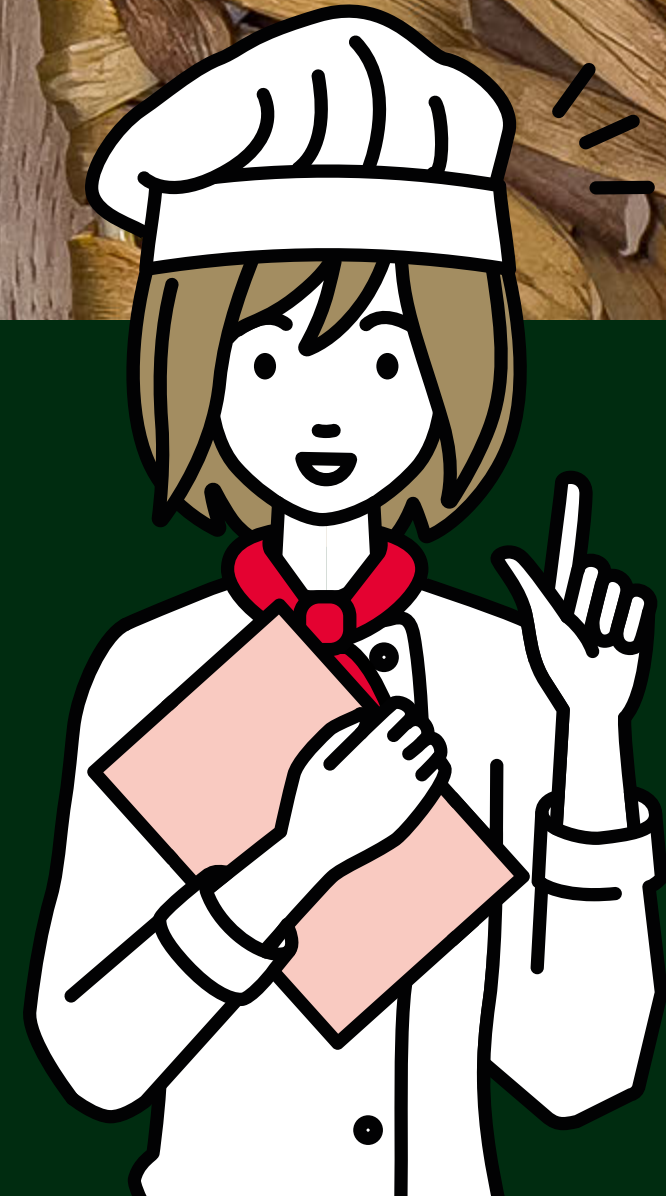
grilled prawns served  
with infused oil and  
quail egg yolk emulsion

 IDDSI LEVEL **5** Minced & Moist

 DIFFICULTY LEVEL **EASY**

 PREPARATION TIME **25 MIN.**

 SERVINGS PER RECIPE **4**



TIPS OF THE CHEF +

PRESENTATION +



✓ Use **shelled prawns** instead and replace the prawn heads concentrate with **sautéed garlic**





# Boletaire Soup

forest mushroom soup  
served with tender garlic  
and truffle emulsion

IDDSI LEVEL  **4** Pureed Food | DIFFICULTY LEVEL  **EASY**

PREPARATION TIME  **30 MIN.** | SERVINGS PER RECIPE  **4**

TIPS OF THE CHEF 

PRESENTATION 



## INGREDIENTS

### BLACK TRUFFLE EMULSION

- 30ml olive oil
- 10-15g truffles, or a truffle paste
- A pinch of salt
- 1 scoop ThickenUp® Clear
- 50ml water

### SOUP

- 30ml olive oil
- 200g garlic
- 450g mushrooms
- 400ml coconut milk
- 75ml water
- 1 scoop ThickenUp® Clear

### PRESENTATION

- Coconut milk
- Olive oil
- Thyme

## PREPARATION

### BLACK TRUFFLE EMULSION

1. In a bowl, blend the truffles adding the water slowly until the texture is smooth.
2. Add the oil and salt, and mix for 30 sec.
3. Add the ThickenUp® Clear and mix between 10 and 15 sec. until there are no lumps and the texture is smooth and safe.

### SOUP

4. Cut the garlic into very thin slices and sauté in a saucepan with olive oil over medium heat until slightly golden for 4-5 min.
5. Add the washed mushrooms cut into medium pieces and sauté for 3-4 min.
6. Add the evaporated milk and cook with the lid on for 5 min.
7. Add the water and cook for 15 min over medium/low heat, with the lid on.
8. Blend the whole mix.
9. Separate a portion and blend together with 1 scoop of ThickenUp® Clear until the mix is smooth and safe.



# Boletaire Soup

forest mushroom soup  
served with tender garlic  
and truffle emulsion

 IDDSI LEVEL <sup>?</sup>  
**4** Pureed Food

 DIFFICULTY  
LEVEL  
**EASY**

 PREPARATION  
TIME  
**30 MIN.**

 SERVINGS  
PER RECIPE  
**4**

TIPS OF THE CHEF +

PRESENTATION +











Put the **mushroom soup**  
into a bowl

Decorate with the **truffle  
emulsion** (optional:  
coconut milk and olive oil)

Top with **thyme**





# Boletaire Soup

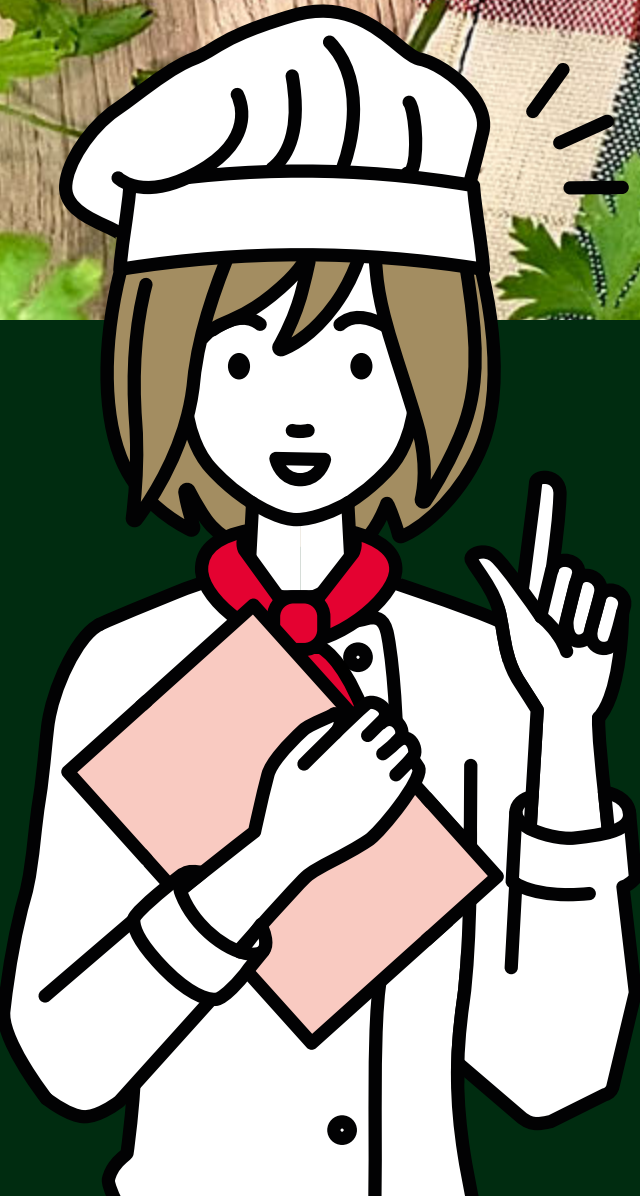
forest mushroom soup  
served with tender garlic  
and truffle emulsion

 IDDSI LEVEL 4 **Pureed Food**

 DIFFICULTY LEVEL **EASY**

 PREPARATION TIME **30 MIN.**

 SERVINGS PER RECIPE **4**



TIPS OF THE CHEF +

PRESENTATION +



✓ This soup can be made with any sort of **common or wild edible mushrooms**.  
Use local or seasonal produce for a great taste

✓ Truffle emulsion can be made with any store-bought **truffle oil** or **truffle sauce** as a base





# Lamb Geschnetzeltes

mushrooms and chives  
on baked potatoes

 IDDSI LEVEL ?  
**4** Pureed Food

 DIFFICULTY LEVEL  
**MODERATE**

 PREPARATION TIME  
**110 MIN.**

 SERVINGS PER RECIPE  
**4**

TIPS OF THE CHEF +

PRESENTATION +



## INGREDIENTS

### LAMB

- 600g leg of lamb
- 175g chives or shallots
- 200 assorted mushrooms
- 15g garlic
- 350ml water
- 1 sprig rosemary
- 4 bay leaves
- A pinch of salt
- ThickenUp® Clear

### GARNISH

- 300g potatoes
- 150g red onions
- Olive oil
- ThickenUp® Clear

## PREPARATION

### LAMB

1. Rub olive oil all over the meat, season with salt and pepper and with the bay leaves and rosemary.
2. Place the leg of lamb on a baking tray on top on top of the minced garlic, minced garlic, halved shallots, 100ml of water, salt and pepper. Cover the tray with aluminum foil.
3. Bake at 180°C for 60 min.
4. Remove the aluminum foil. Let it cool slightly and remove the bone from the meat.
5. Add 200ml of water. Cover with chopped mushrooms and cook in the oven again for 25-30 min at 190-200°C. Cook without the aluminum foil.
6. Separate a serving portion to texturize: Blend with 1 scoop of ThickenUp® Clear until there are no lumps and the texture is smooth and safe.

### GARNISH

7. Peel and chop the potatoes and onions into 3mm x 4mm pieces.
8. Place on a tray, season and mix well with the olive oil and rosemary.
9. Cook in the oven for 30min until they are tender, taking advantage of the 190-200°C hot oven.
10. Separate a serving portion and blend with 1 scoop of ThickenUp® Clear. Add a little water if needed and blend until the mix is smooth and safe.

### GRAVY SAUCE

1. Recover part of the juices from the lamb tray, place in a blender, add 1 scoop of ThickenUp® Clear and emulsify until the desired texture is achieved.



# Lamb Geschnetzeltes

mushrooms and chives  
on baked potatoes

 IDDSI LEVEL ?  
**4** Pureed Food

 DIFFICULTY LEVEL  
**MODERATE**

 PREPARATION TIME  
**110 MIN.**

 SERVINGS PER RECIPE  
**4**

TIPS OF THE CHEF +

PRESENTATION +



Dish-up the  
**non-texturized option**  
for the rest of the family

Place a portion of the lamb preparation,  
accompany with the potato preparation,  
**add the textured gravy sauce,**  
and decorate with a **sprig of rosemary**





# Lamb Geschnetzeltes

mushrooms and chives  
on baked potatoes

 IDDSI LEVEL ?  
**4** Pureed Food

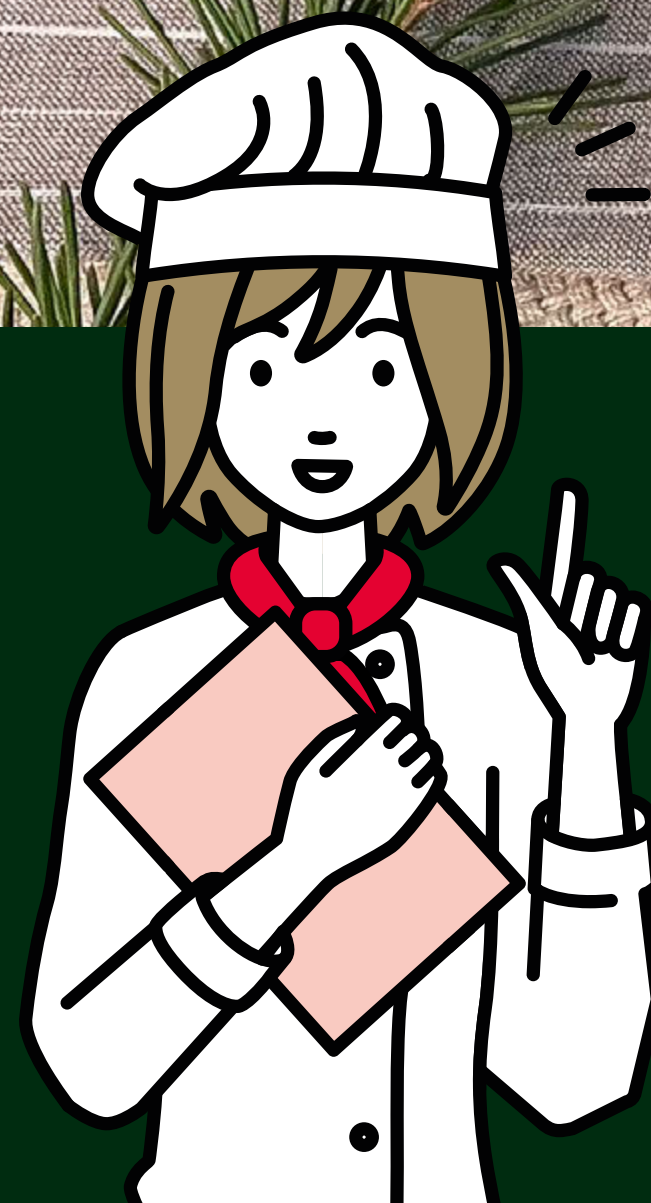
 DIFFICULTY LEVEL  
**MODERATE**

 PREPARATION TIME  
**110 MIN.**

 SERVINGS PER RECIPE  
**4**

TIPS OF THE CHEF +

PRESENTATION +



Use **brandy instead of water**  
for a tastier experience





# Orange Glazed Turkey

served with prunes  
on vegetables



IDDSI LEVEL ?  
**4** Pureed Food



DIFFICULTY LEVEL  
**MODERATE**



PREPARATION TIME  
**55 MIN.**



SERVINGS PER RECIPE  
**4**

TIPS OF THE CHEF +

PRESENTATION +



## INGREDIENTS

### TURKEY

- 35ml olive oil
- 200g sweet onion
- 20g garlic
- 500g skinless turkey thighs, filleted without bone
- 6 bay leaves
- 250ml white wine
- 125g prunes (dried)
- 300ml orange juice (3 oranges)
- seasoning
- 150ml water
- 10g brown sugar
- ThickenUp® Clear

### VEGETABLES

- 100g carrots
- 300g potatoes
- 150g onions
- 20g butter
- A pinch of salt and pepper

## PREPARATION

### TURKEY

1. In a pressure cooker (standard saucepan, or slow cooker), sauté the chopped onions with the olive oil.
2. Once golden, add the garlic and turkey thighs until they are golden.
3. Add the bay leaves, the white wine, the prunes and the orange juice.
4. Season with salt and pepper. Cook for 5 min. over medium heat.
5. Add water and cover the pressure cooker with the lid.
6. Cook for 30 min counting from the moment the pressure cooker starts to release steam, regulating the heat so that the pressure is not excessive.

7. If you don't have a pressure cooker: cover with the lid and cook for 60-70 min, over low-medium heat, stirring and adding water if necessary.
8. Prune sauce: When cooked, remove the prunes, and blend them together with 1 scoop of ThickenUp® Clear until the mixture is smooth and without lumps.
9. Turkey: In a frying pan, heat the brown sugar until it begins to caramelize. Add the previously drained pieces of meat to the pot (with a slotted spoon) and sauté for 3 min. Then add the rest of the preparation.
10. Separate a portion to texturize: Blend with 1 scoop of ThickenUp® Clear until there are no lumps and the texture is smooth and safe.

### VEGETABLES

11. Peel and slice the carrots, potatoes and onions.
12. Place them on a tray and season and mix well with the butter.
13. Cook in the oven for 30-40 min at 190-200°C until they are tender and juicy.
14. Separate a portion and blend together with 1 scoop of ThickenUp® Clear until the mixture is smooth and safe.



# Orange Glazed Turkey

served with prunes  
on vegetables



IDDSI LEVEL ?  
**4** Pureed Food



DIFFICULTY LEVEL  
**MODERATE**



PREPARATION TIME  
**55 MIN.**



SERVINGS PER RECIPE  
**4**

TIPS OF THE CHEF +

PRESENTATION +



Use a pastry bag to arrange the turkey preparation and decorate with the **prune sauce**

With a second pastry bag, make **spiral shapes with the vegetables mix** on the side of the turkey

Decorate with **thyme**

Arrange the **non-texturized** option on plates for the rest of the family





# Orange Glazed Turkey

served with prunes  
on vegetables



IDDSI LEVEL ?  
**4** Pureed Food



DIFFICULTY LEVEL  
**MODERATE**



PREPARATION TIME  
**55 MIN.**

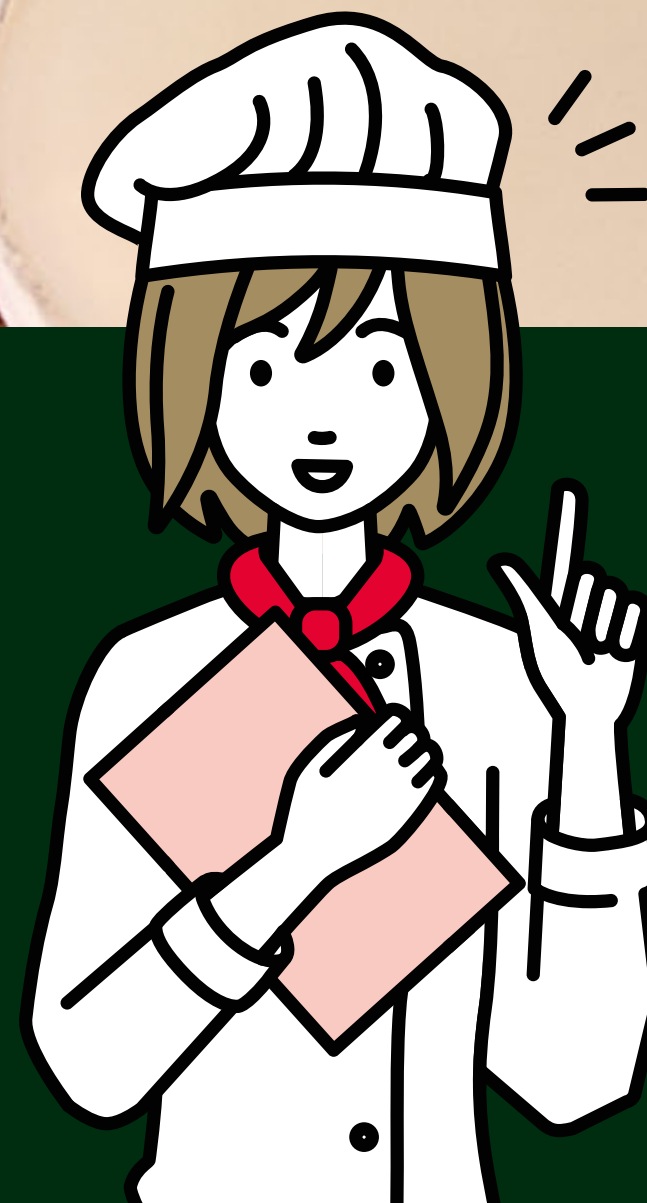


SERVINGS PER RECIPE  
**4**



TIPS OF THE CHEF +

PRESENTATION +



Prunes can be substituted by **raisins** or **green apples** for a tangy flavour





# Teriyaki Grilled Seitan

with parsnips, sweet potatoes on edamame hummus bed



TIPS OF THE CHEF +

PRESENTATION +



## INGREDIENTS

### HUMMUS

- 150g edamame beans
- 20ml lime juice
- 15ml olive oil
- 25g Tahini
- 2-3 leaves coriander
- 50ml hot water
- 2 scoops ThickenUp® Clear
- A pinch of salt

### TERIYAKI SAUCE

- 200ml orange juice
- 150ml soy sauce
- 35ml rice vinegar
- 3 scoops ThickenUp® Clear

### VEGETABLES

- 175g parsnips
- 300g sweet potatoes
- 40ml olive oil

**SEITAN** 225g

## PREPARATION

### HUMMUS

1. Boil the edamame beans for 15 -20 min until the beans are really soft.
2. Strain the beans and blend them with the lime juice, a pinch of salt, the olive oil, the Tahini sauce and the coriander until obtaining a homogeneous texture without lumps.
3. Gradually add hot water to the mix and blend to achieve a better texture.
4. Blend with 2 scoops of ThickenUp® Clear until there are no lumps and the texture is smooth and safe.

### TERIYAKI SAUCE

5. Make orange juice and strain the juice.
6. Off the heat, place the juice in a pot and add the soy sauce and the rice vinegar.
7. Warm over low heat without boiling for 3 min.
8. Blend with 3 scoops of ThickenUp® Clear until there are no lumps and the texture is smooth and safe.

### VEGETABLES

9. Peel and cut the parsnips and the sweet potatoes into 3x4mm pieces.
10. Place on an oven tray and mix well with the olive oil. Season with salt and pepper and bake for 20 min. at 190°C.

### SEITAN

11. Cut the seitan into 4X4 mm pieces and cook them in the frying pan with a dash of oil according to the manufacturer's instructions. Put to one side.
12. Place the Teriyaki sauce in the pan and when it is hot, add the pieces of seitan and sauté for 5 min. Remove from the heat.
13. Separate a serving and blend together with 1 scoop of ThickenUp® Clear until there are no lumps and the texture is smooth and safe.



# Teriyaki Grilled Seitan

with parsnips, sweet potatoes on edamame hummus bed



IDDSI LEVEL ?  
**4** Pureed Food



DIFFICULTY LEVEL  
**EASY**



PREPARATION TIME  
**35 MIN.**



SERVINGS PER RECIPE  
**4**

TIPS OF THE CHEF +

PRESENTATION +



On the plate, arrange the **hummus as the first tier**

On top of the first tier, place a layer of the **vegetables pressing lightly to flatten**. Use a pastry bag for textured seitan and add a layer on the top of the vegetables. **Garnish with orange or lime peel sticks**





# Teriyaki Grilled Seitan

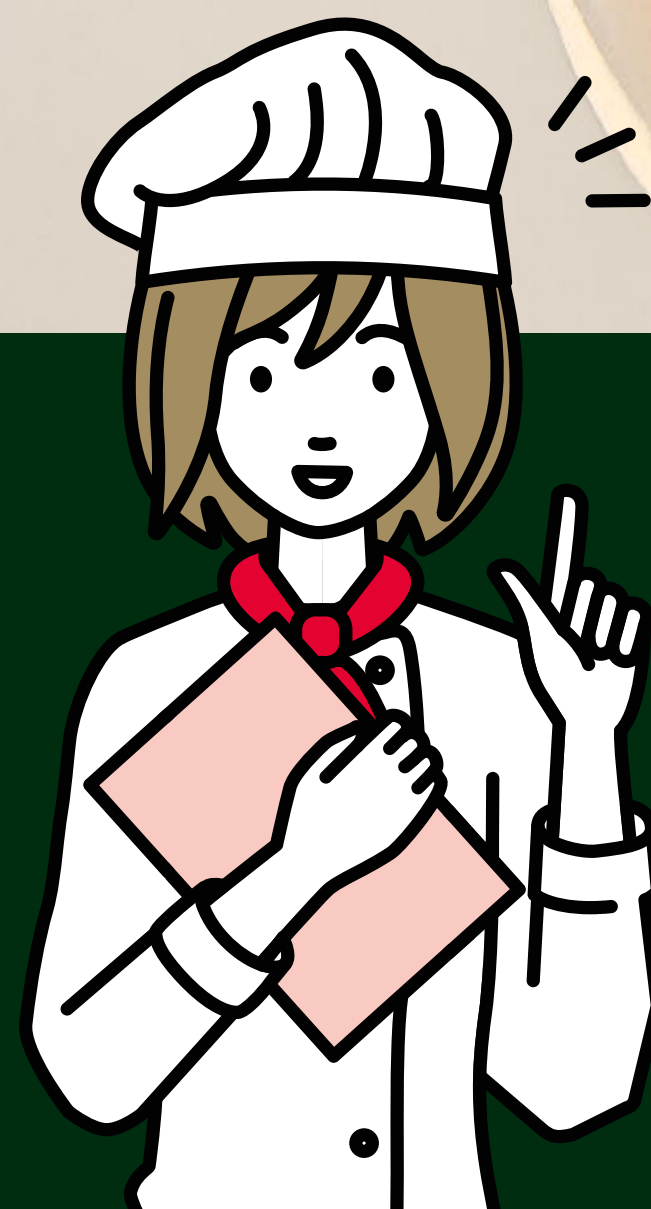
with parsnips, sweet potatoes on edamame hummus bed

 IDDSI LEVEL 4 **Pureed Food**

 DIFFICULTY LEVEL **EASY**

 PREPARATION TIME **35 MIN.**

 SERVINGS PER RECIPE **4**



TIPS OF THE CHEF +

PRESENTATION +



✓ For a **gluten-free alternative**, substitute the seitan for plain tofu



✓ You can use **store-bought Teriyaki sauce**. Remember to **texturize with ThickenUp® Clear** to make it safe





# Chocolate Mousse

with whipped cream  
and chocolate ganache

 IDDSI LEVEL 4  
Pureed Food

 DIFFICULTY LEVEL  
MODERATE

 PREPARATION TIME  
30 MIN.

 SERVINGS PER RECIPE  
4

TIPS OF THE CHEF +

PRESENTATION +



## INGREDIENTS

### MOUSSE

- 100ml whipping cream 35%
- 100g dark chocolate 85%
- 15g cocoa powder
- 40g butter
- 3 big eggs
- 20g brown sugar
- 4 scoops ThickenUp® Clear

### WHIPPED CREAM

- 150ml whipping cream 35%
- 20g brown sugar
- 1 scoop ThickenUp® Clear

### GANACHE

- 25g chocolate 85%
- 50ml cream 35%

### DECORATION

- Cocoa powder

## PREPARATION

### MOUSSE

1. Whip the cream with the mixer until it achieves a firm texture. Keep in the fridge.
2. Melt the chocolate in a bain-marie with the butter and the sifted cocoa powder. Once melted, remove from heat, allow to cool down and keep at room temperature.
3. Separate the yolks from the egg whites.
4. Add the 3 yolks to the chocolate, butter and cocoa powder and mix.
5. Beat the egg whites with the brown sugar and 4 scoops of ThickenUp® Clear until the mix is firm and stiff. Put to one side.
6. Add the egg whites and the whipped cream to the chocolate mixture, alternating the additions to keep a smooth and voluminous mixture.
7. Place directly in the final serving dishes/bowls. Cool in the fridge.

### WHIPPED CREAM

8. Whip the cream, the brown sugar and 1 scoop of ThickenUp® Clear. Beat the ingredients until the mixture is consistent. Once the desired consistency is achieved, stop whisking. Cool in the fridge.

### GANACHE

9. Melt the chocolate and the cream together in a bain-marie
10. Remove from the bain-marie once they are integrated. Keep at room temperature.



# Chocolate Mousse

with whipped cream  
and chocolate ganache



IDDSI LEVEL ?  
**4** Pureed Food



DIFFICULTY LEVEL  
**MODERATE**



PREPARATION TIME  
**30 MIN.**



SERVINGS PER RECIPE  
**4**

TIPS OF THE CHEF +

PRESENTATION +



1. Prepare just before serving.
2. Remove the set mousse from the fridge.
3. Cover with a layer of the warm ganache, heat slightly in the microwave if necessary.

4. Decorate with the cream previously placed in a pastry bag.
5. Sprinkle with **cocoa powder**.

This option can be served for the whole family





# Chocolate Mousse

with whipped cream  
and chocolate ganache



IDDSI LEVEL ?  
**4** Pureed Food



DIFFICULTY LEVEL  
**MODERATE**



PREPARATION TIME  
**30 MIN.**

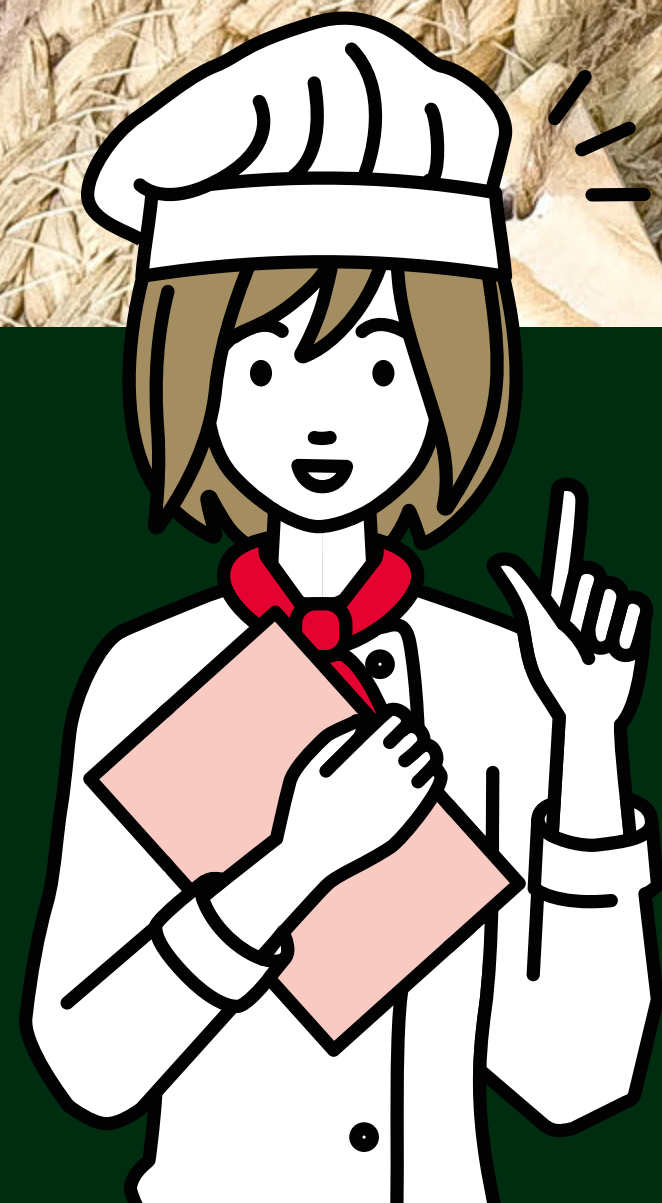


SERVINGS PER RECIPE  
**4**



TIPS OF THE CHEF +

PRESENTATION +



Brown sugar can be replaced by  
**agave syrup or any sweetener**





# Crème Brûlée

topped with caramelized  
winter apple



IDDSI LEVEL ?  
**4** Pureed Food



DIFFICULTY LEVEL  
**EASY**



PREPARATION TIME  
**35 MIN.**



SERVINGS PER RECIPE  
**4**

TIPS OF THE CHEF +

PRESENTATION +









## INGREDIENTS

### WINTER APPLES

- 2 apples
- 6 cloves
- 250ml red wine
- 10g brown sugar
- ThickenUp® Clear

### CRÈME BRÛLÉE

- 400ml whole milk
- ½ orange peel and ½ lemon peel
- 1 vanilla pod
- 1 cinnamon stick.
- 50g brown sugar
- 3 egg yolks
- 20g corn starch
- 2 scoops ThickenUp® Clear

### TOFFEE

- 15g brown sugar
- 5g butter

## PREPARATION

### WINTER APPLES

1. Peel the apples, remove seeds and dice into 8 pieces.
2. Cook them in a pot together with the cloves, the red wine and the brown sugar and simmer for 10 min. until the alcohol evaporates.
3. Off the heat, let them rest for 10 min. with the lid on.
4. Strain and keep the apples and the reduction separate.
5. In a frying pan, cover the base with the brown sugar and add the butter in pieces. Cook over medium heat until a toffee is obtained.
6. Add the apples and caramelize for 2 min. Put to one side.
7. Separate a portion to texturize: Blend with 1 scoop of ThickenUp® Clear until there are no lumps and the texture is smooth and safe.


### CRÈME BRÛLÉE

8. Infuse the milk: Heat the milk, without boiling, together with the orange and lemon peel, the vanilla seeds and the cinnamon stick for 3 min. Turn off the heat and let it rest with the lid on for 20 min.
9. In a bowl, mix the brown sugar with the egg yolks. Add the refined corn starch and 3 scoops of ThickenUp® Clear.
10. Strain the infused milk, heat over medium-low heat and add the previous mixture of egg, sugar and corn starch.
11. Stir constantly until the mixture starts thickening.




# Crème Brûlée

topped with caramelized winter apple

 IDDSI LEVEL 4 **Pureed Food**

 DIFFICULTY LEVEL **EASY**

 PREPARATION TIME **35 MIN.**

 SERVINGS PER RECIPE **4**

TIPS OF THE CHEF +

PRESENTATION +











In an individual glass container, place the **Crème Brûlée** as a base and sprinkle with brown sugar

Add' the preparation of **caramelized winter apples**. Garnish with a **mint leaf**

Present the **option of non-texturized** apples for the rest of the family





# Crème Brûlée

topped with caramelized  
winter apple



IDDSI LEVEL ?  
**4** Pureed Food



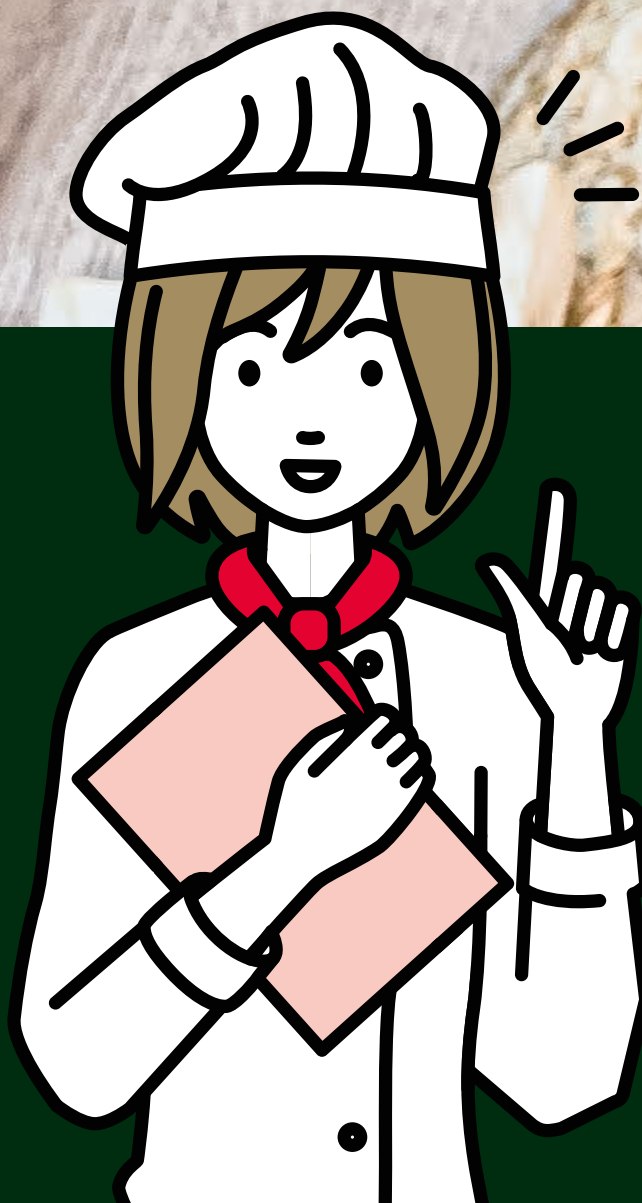
DIFFICULTY LEVEL  
**EASY**



PREPARATION TIME  
**35 MIN.**



SERVINGS PER RECIPE  
**4**



TIPS OF THE CHEF +

PRESENTATION +



**Alcohol-free option:**  
in a sealed container  
cook the apples in  
the microwave with  
the sugar, cloves  
and no wine



**For the whole family:**  
Make a crunchy caramel  
coat on top of the Crème  
Brûlée by caramelizing a  
thin layer of brown sugar  
with a kitchen blow torch



Use **green  
apples** for a  
tangier taste





# Spicy Pears

on rum reduction  
mousse



IDDSI LEVEL ?  
**4** Pureed Food



DIFFICULTY LEVEL  
**EASY**



PREPARATION TIME  
**60 MIN.**



SERVINGS PER RECIPE  
**4**

TIPS OF THE CHEF +

PRESENTATION +



## INGREDIENTS

- 140g brown sugar
- 200ml rum
- Juice 3 oranges
- 1/2 orange peel
- 1 cinnamon stick
- 7 peppercorns
- 6 slices ginger
- 600g pears
- 7 scoops ThickenUp® Clear

## PREPARATION

### COOKING PEARS

1. In a pot, boil the rum with the sugar for 5 min. until the alcohol evaporates.
2. Lower the heat, add the orange juice, the orange peel, the cinnamon, the peppercorns and the 6 slices of ginger and infuse for 15 min. with the lid on over a very low heat.
3. Turn off the heat and let rest for 20 min.
4. Strain the previous infusion, add the pears cut into 4mm pieces and cook for 7 min.

### TEXTURED PEARS

5. Strain the previous preparation and put to one side the pears and the reduction separately.
6. Separate a portion to texturize: Blend with 1 scoop of ThickenUp® Clear until there are no lumps and the texture is smooth and safe.

### RUM REDUCTION MOUSSE

7. Strain and blend the reserved liquid from the pears preparation to ensure it is safe and has no lumps.
8. Add 6 scoops of ThickenUp® Clear to the whole reduction and blend for 2 min. to obtain firm and dense mousse. Blend until there are no lumps and it is firm, smooth and safe. This is suitable for the whole family.



# Spicy Pears

on rum reduction  
mousse



IDDSI LEVEL ?  
**4** Pureed Food



DIFFICULTY LEVEL  
**EASY**



PREPARATION TIME  
**35 MIN.**



SERVINGS PER RECIPE  
**4**

TIPS OF THE CHEF +

PRESENTATION +



Place the **rum reduction mousse** into the individual serving bowl

Cover with the spiced pears.  
Decorate with a rosette of **orange peel**

Serve the non-texturized option for the rest of the family



# Spicy Pears

on rum reduction  
mousse



IDDSI LEVEL ?  
**4** Pureed Food



DIFFICULTY LEVEL  
**EASY**



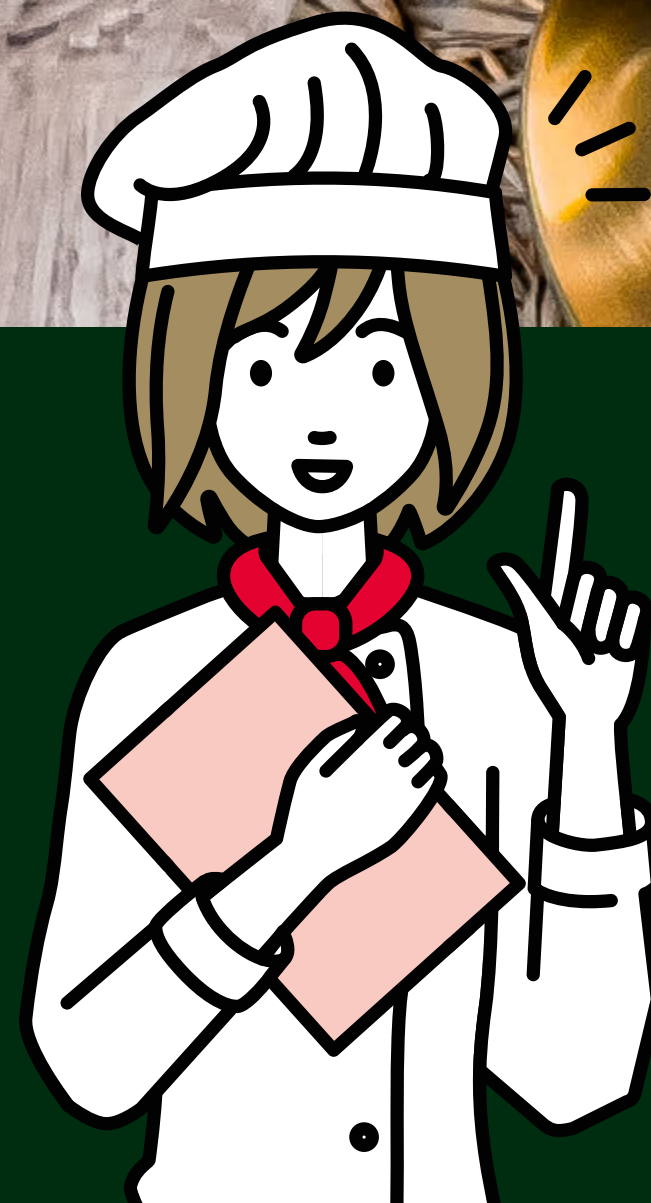
PREPARATION TIME  
**35 MIN.**



SERVINGS PER RECIPE  
**4**

TIPS OF THE CHEF +

PRESENTATION +





In step 1, **boil and flambé** to ensure the complete evaporation of the alcohol.







# Drinks

 IDDSI LEVEL ?  
**2,3,4**

 DIFFICULTY LEVEL  
**EASY**

 PREPARATION TIME  
**5 MIN.**

 SERVINGS PER RECIPE  
**1**



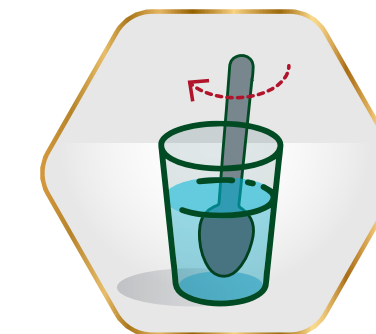
## INGREDIENTS

- Water
- Carbonated drinks
- Wine\*
- Champagne\*
- Tea
- Coffee
- Juice
- ThickenUp® Clear

\* Please, always consult your doctor about whether it is safe to drink alcohol if you are on medication.

## PREPARATION

- Use the dosage scoop included in the tin. For best results, add the powder to a clean, dry cup, glass, or beaker.
- First add desired quantity of powder into an empty glass according to the dysphagia level of modification(1 scoop/Level 2; 2 scoops/Level 3; 3 scoops/Level 4).
- Then add 100ml of liquid into the glass/cup and stir with a spoon until completely dissolved. It will reach desired consistency within 1-3 min.
- Remember to re-stir briefly before serving.



### CARBONATED DRINKS

For optimal results, stir the carbonated drink to reduce the amount of carbonation.

### HOT DRINKS

Prepare the hot drink according to individual preference, before adding to the powder. For safety, allow the thickened hot drink to cool down slightly before serving.



# Festive MENUS



for adults with **SWALLOWING  
DIFFICULTIES OR DYSPHAGIA**  
and for the whole family

## ACKNOWLEDGMENT:

All recipes have the personal signature of our  
international reference chef, Elizabeth Pérez

