

## RESOURCE<sup>®</sup> ThickenUp<sup>®</sup> Instant Food & Drink Thickener

PUREED FRUIT COCKTAIL PORTION SIZE: #8 Scoop (½ cup)				
INGREDIENTS	NUMBER OF SERVINGS			
	1	6	12	24
Canned Pears, <u>drained</u> (reserve liquid)	1 ¼ qt	1 qt + 3 ½ cups	2 ½ qt	3 ¾ qt
Reserved liquid from pears (add water, if necessary)	1 ½ cups	2 ¼ cups	3 cups	1 qt
RESOURCE® ThickenUp®	1 ⅓ cups	2 cups	2 ⅔ cups	1 qt
Canned Peaches, <u>drained</u> (reserve liquid)	1 ¼ qt	1 qt + 3 ½ cups	2 ½ qt	3 ¾ qt
Reserved liquid from peaches (add water, if necessary)	1 ½ cups	2 ¼ cups	3 cups	1 qt
RESOURCE® ThickenUp®	1 ⅓ cups	2 cups	2 ⅔ cups	1 qt
Maraschino Cherries, <u>drained</u> (reserve liquid)	1 cup	1 ½ cups	2 cups	3 cups
Reserved liquid from cherries (add water, if necessary)	2 Tbsp	3 Tbsp	1⁄4 cup	6 Tbsp
RESOURCE® ThickenUp®	3 tsp	1/4 cup	⅓ cup	½ cup
Pan Size	1/2 steam table pan (2-Inch deep)	<sup>1</sup> ∕₃ + <sup>1</sup> ∕₂ steam table pan (2-Inch deep)	Full steam table pan (2-Inch deep)	Full and ½ steam table pans (2-Inch deep)



## PUREED FRUIT COCKTAIL (CONTINUED)

## HOW TO PREPARE:

- 1. Place pears and liquid in bowl of blender or food processor and puree until smooth in texture.
- 2. Add **RESOURCE® ThickenUp®** and process briefly until mixed, scraping sides of bowl as needed.
- 3. Pour into pan coated with non-stick cooking spray. Cover tightly and freeze.
- 5. Puree peaches with liquid in blender or food processor until smooth.
- 6. Add **RESOURCE® ThickenUp®** and process briefly until mixed, scraping sides of bowl as needed.
- 7. Pour into separate pan coated with non-stick cooking spray. Cover tightly and freeze.
- 9. Puree cherries with liquid in blender of food processor until smooth.
- 10. Add RESOURCE® ThickenUp® and process briefly until mixed, scraping sides of bowl as needed.
- 11. Pour into shallow container; cover tightly and freeze.
- 12. While still frozen, cut pears and peaches into about  $\frac{1}{2} \times \frac{1}{2}$  inch cubes.
- 13. While still frozen, combine half pears and half peaches in a large bowl; toss lightly to mix. Store bowl of fruit cocktail cubes covered in the freezer until ready to portion.
- 14. Portion one #8 scoop (½ cup) frozen fruit cocktail per serving. Garnish each serving with 2 teaspoons pureed maraschino cherries. (A melon-baller can be used for making cherry-halves.)
- 15. Thaw completely before serving.
- NOTE: Measurements of liquid and RESOURCE® ThickenUp® may be adjusted to achieve desired consistency.