

RESOURCE® ThickenUp® Instant Food & Drink Thickener

PUREED HAM (3 OZ PORTION)	PORTIO	PORTION SIZE: 1 - #10 Scoop (3 oz / about 6 Tbsp)		
	NUMBER OF SERVINGS			
INGREDIENTS	1	6	12	24
Boneless Ham, <u>cooked</u>	3 oz	1 lb 2 oz	2 lb 4 oz	4 lb 8 oz
Water or Pineapple Juice, hot	1 ½ Tbsp	⅓ cup	1 ¼ cup	2 ½ cup
RESOURCE® ThickenUp®	¾ tsp	1 ½ Tbsp	3 Tbsp	⅓ cup

HOW TO PREPARE:

- 1. Puree cooked ham with hot liquid in food processor until smooth in texture.
- 2. Add RESOURCE® ThickenUp® and process briefly until mixed, scraping sides with spatula as needed.
- 3. Pour into steam table pan coated with non-stick cooking spray.
- 4. Cover tightly with aluminum foil and/or film and heat to 165°F. Hold for service at internal temperature of 135°F or higher.
- 5. Portion one #10 scoop per serving.

NOTE: Measurements of liquid and **RESOURCE® ThickenUp®** may be adjusted to achieve desired consistency.