



Pureed Sliced Bread

Ingredient List for Single Batch

Honey Wheat or Whole Wheat Bread	4 Slices (70 calorie per slice)
Vegetable Stock, or Substitute	3 oz.
SimplyThick® EasyMix™	3 Pumps from Bottle or 3 2 Mildly Thick Packets (6g)
Butter, Melted or Softened	2 Tablespoons (1 oz.)
Egg	1
Pan Release Spray	
Yield	4 portions

Directions

1. Prep silicone bread forms or silicone egg rings with pan release spray.
 - » If using silicone egg rings without bottoms, we recommend putting parchment paper on the baking sheet first, then pan release, then batter.
2. Add 4 slices of bread to processor and process to breadcrumbs.
 - » Caution: Do not over-process and turn bread back into “flour.”
3. Add remaining ingredients to processor — vegetable stock, SimplyThick® EasyMix™, butter, and eggs and process for 10–20 seconds, until all ingredients are thoroughly blended.
4. Scrape down sides of processor bowl and check for dry pieces of bread under blade assembly.
5. Process again as long as needed to eliminate all lumps and achieve desired texture. You are looking for a heavy batter. 20–40 seconds.
6. Using silicone forms from ‘Step 1’ divide batter into four equal portions using spatula or #16 disher.
 - » Spread batter evenly around the form or egg ring — avoid peaks in batter.
7. Cook Covered or Uncovered, depending on convection feature, oven traffic, etc., for 8–11 minutes at 350°F. Product is done when the batter has ‘set’ and edges of the bread pull away or ‘release’ from the side of the silicone form or pan, minimum internal temperature 160°F.
8. Let rest for 2 minutes after removing from oven.
9. Inspect for crusty outer edges, especially in ovens that run hot. Trim edges as needed.
10. Plate and serve, or store completed portions in refrigerator no longer than 24 hours.

Equipment

- Food Processor of the proper size for the number of portions with a sharp serrated “S” blade.
 - » We prefer Robot Coupe R2 or R3 Commercial, or Cuisinart 14-cup Food Processor for home use.
- Rubber spatula.
- Optional — #16 (2 oz.) disher.
- Silicone bread-shaped form or silicone egg ring recommended for individual portions.
- Parchment paper and aluminum foil, if needed.

Please Note

- Our testing was done with Honey Wheat and Whole Wheat bread from “Nature’s Own.” It is a 70 calorie per slice sandwich bread. If you are using a heavier or more dense bread you may need to add 1–2 oz. of vegetable stock per batch to achieve desired texture of batter to yield a qualifying **4** Pureed.
- IDDSI requirements for **4** Pureed state — no lumps, food sits on a mound above a dinner fork but does not drip or flow continuously through dinner fork, holds shape on a spoon and slides off with little left—not sticky.

If you have any questions pertaining to the SimplyThick products, please contact us at 800.205.7115 or www.simplythick.com
For more details regarding the International Dysphagia Diet Standardisation Initiative (IDDSI), visit www.iddsi.org