

Recipe Collection

Preparation of pureed food for dysphagia patients with the aid of

GELEA ^{hot}
instant



Meat, fish, vegetable and side dishes

BEEF SLICES

with, bouillon potatoes and horseradish sauce

Preparation for 10 portions

Cooked beef:

Cut the cooked beef into small pieces and blend to a very fine puree with the stock from the meat, stir in the GELEA hot for approx. 20 seconds then bring the mixture to the boil for one minute. For a more attractive appearance, sprinkle the mould with a little ground paprika before filling. Spoon the hot mixture into a "Meat Slice" silicone mould, use the lid to spread it evenly in the mould then refrigerate for approx. 30 minutes at +6°C.

Bouillon potatoes:

Blend the potatoes, celery, leeks, carrots and stock to a very fine puree then cook together in a saucepan for approx. 10 minutes. Blend to a very fine puree, stir in the GELEA hot for approx. 20 seconds then bring the mixture to the boil for one minute. Spread the hot mixture in a layer about 1.5 cm high in a baking tray lined with cling film then cut into evenly sized cubes once it has cooled down.

Horseradish sauce:

Heat the stock and the cream. Season to taste with salt, pepper and creamed horseradish. Thicken if necessary.

Heating/serving:

Once the food has cooled down, place it on a plate, cover and heat at 80°C in a steam oven for approx. 12-15 minutes. To serve, pour the sauce over the beef.

Kitchen tips:

The finer the puree, the better the result! We recommend Robot-Coupe's Robot Cook and a pureeing time of 5 minutes.

Ingredients	Boiled beef
700 g	Cooked beef
500 ml	Beef stock from the meat
40 g	GELEA hot

Ingredients	Bouillon potatoes
300 g	Bouillon potatoes (boiled)
625 g	Beef stock from the meat
125 g	Carrots (frozen)
125 g	Celery (frozen)
75 g	Leeks (frozen)
63 g	GELEA hot

Ingredients	Horseradish sauce
250 ml	Cream
6-8 tbsp.	Creamed horseradish sauce
250 ml	Beef stock from the meat
	Pepper, salt

Nutrition facts per 100 g*	
Energy/ Calories	314 kJ/ 75 kcal
Fat of which saturates	4.0 g 2.0 g
Carbohydrates of which sugars	2.3 g 1.1 g
Fibre	2.7 g
Protein	7.4 g
Salt	0.4 g

*Calculated without the sauce



ROAST PORK

with thyme gravy, carrots and mashed potatoes

Preparation for 10 portions

Roast pork:

Blend the pork, seasonings, oil and stock to a very fine puree for 5 minutes, add the GELEAhot and stir in for approx. 20 seconds then bring the mixture to the boil for one minute. For a more attractive appearance, sprinkle the mould with a little ground paprika before filling. Spoon the hot mixture into a "Cutlet" silicone mould, use the lid to spread it evenly in the mould then refrigerate for approx. 30 minutes at +6°C.

Carrots:

Blend the carrots, vegetable stock and seasonings to a very fine puree for 5 minutes, add the GELEAhot and stir in for approx. 20 seconds then bring the mixture to the boil for one minute. Spoon the hot mixture into a "Carrots" silicone mould, use the lid to spread it evenly in the mould then refrigerate for approx. 30 minutes at +6°C.

Mashed potatoes:

Blend the potatoes, milk, butter and seasonings to a very fine puree for 5 minutes. Alternatively, you can use your own homemade mashed potatoes. Serve the mashed potatoes immediately after heating.

Thyme gravy:

Bring the instant gravy to the boil and season to taste with thyme.

Heating/serving:

Once the food has cooled down, place it on a plate, cover and heat at 80°C in a steam oven for approx. 12-15 minutes. To serve, pour the sauce over the meat.

Kitchen tips:

The finer the puree, the better the result! We recommend Robot-Coupe's Robot Cook and a pureeing time of 5 minutes.

Ingredients	Roast pork
600 g	Pork (cooked)
400 ml	Meat stock
	Salt, pepper, caraway seeds
40 g	GELEAhot
Ingredients	Carrots
500 g	Carrots (frozen)
500 ml	Vegetable stock
30 ml	Rapeseed oil
	Salt, nutmeg
40 g	GELEAhot
Ingredients	Mashed potatoes
600 g	Boiled potatoes
250 ml	Milk (cold)
150 ml	Melted butter
	Salt, nutmeg
Ingredients	Thyme gravy
500 ml	Instant gravy
5 g	Dried thyme

Nutrition facts per 100 g*	
Energy/ Calories	575 kJ/ 138 kcal
Fat of which saturates	10.0 g 4.6 g
Carbohydrates of which sugars	5.5 g 1.4 g
Fibre	2.3 g
Protein	5.5 g
Salt	0.5 g

*Calculated without the sauce



PORK MEDALLIONS

with forest mushroom sauce, broccoli and potato croquettes

Preparation for 10 portions

Pork medallions:

Blend the cooked pork, seasonings, oil and stock to a very fine puree for 5 minutes, stir in the GELEAhot for approx. 20 seconds then bring the mixture to the boil for one minute. For a more attractive appearance, sprinkle the mould with a little ground paprika before filling. Spoon the hot mixture into a "Cutlet" silicone mould, use the lid to spread it evenly in the mould then refrigerate for approx. 30 minutes at +6°C.

Broccoli:

Blend the broccoli, stock and oil to a very fine puree for 5 minutes. Season with salt and nutmeg. Stir in the GELEAhot for approx. 20 seconds then bring the mixture to the boil for one minute. Spoon the hot mixture into a "Broccoli" silicone mould, use the lid to spread it evenly in the mould then refrigerate for approx. 30 minutes at +6°C.

Potato croquettes:

Blend the crisp-fried potato croquettes, milk, butter and seasonings to a very fine puree for 5 minutes, stir in the GELEAhot for approx. 20 seconds then bring the mixture to the boil for one minute. Use 2 spoons to shape the hot mixture into croquettes, place on a baking tray, sprinkle with ground paprika and refrigerate for approx. 30 minutes at +6°C.

Forest mushroom sauce:

Fry the forest mushrooms in oil, top up with gravy and cream, bring to the boil, season to taste and strain through a sieve.

Heating/serving:

Once the food has cooled down, place it on a plate, cover and heat at 80°C in a steam oven for approx. 12-15 minutes. To serve, pour the forest mushroom sauce over the pork medallions.

Kitchen tips:

The finer the puree, the better the result! We recommend Robot-Coupe's Robot Cook and a pureeing time of 5 minutes.

Ingredients	Pork medallions
600 g	Pork fillet (cooked)
400 ml	Meat stock
	Salt, pepper, caraway seeds
40 g	GELEAhot
Ingredients	Broccoli
500 g	Broccoli (frozen)
500 ml	Vegetable stock
30 ml	Rapeseed oil
	Salt, nutmeg
40 g	GELEAhot
Ingredients	Potato croquettes
600 g	Crisp-fried potato croquettes
300 ml	Milk (cold, 3.5%)
100 g	Butter (melted)
	Salt, nutmeg, ground paprika
40 g	GELEAhot
Ingredients	Forest mushroom sauce
350 ml	Instant gravy
150 ml	Cream (30%)
80 g	Forest mushrooms (frozen)
20 ml	Rapeseed oil
	Salt, pepper

Nutrition facts per 100 g*	
Energy/ Calories	462 kJ/ 110 kcal
Fat of which saturates	7.1 g 3.2 g
Carbohydrates of which sugars	4,8 g 1.3 g
Fibre	2.6 g
Protein	6.92 g
Salt	0.5 g

*Calculated without the sauce



ASPARAGUS

*with ham, mashed potatoes
and hollandaise sauce*

Preparation for 10 portions

Asparagus:

Cut the asparagus into small pieces and cook until soft. Blend the asparagus and the stock to a very fine puree. Season to taste with salt and sugar. Stir in the GELEAhot for approx. 20 seconds then bring the mixture to the boil for one minute. Spoon the hot mixture into a suitable silicone mould, use the lid to spread it evenly in the mould then refrigerate for approx. 30 minutes at +6°C.

Ham:

Blend the cold ham and the stock to a very fine puree. Stir in the GELEAhot for approx. 20 seconds then bring the mixture to the boil for one minute. Spread the hot mixture in a layer about 1.5 cm high in a rectangular baking tray lined with cling film then cut into evenly sized cubes once it has cooled down.

Mashed potatoes:

Blend the potatoes, milk, butter and seasonings to a very fine puree for 5 minutes. Alternatively, you can use your own homemade mashed potatoes. Serve the mashed potatoes immediately after heating.

Hollandaise sauce:

Make the hollandaise sauce according to your own recipe.

Heating/serving:

Once the food has cooled down, place it on a plate, cover and heat at 80°C in a steam oven for approx. 12-15 minutes. To serve, pour the hollandaise sauce over the asparagus.

Kitchen tips:

The finer the puree, the better the result! We recommend Robot-Coupe's Robot Cook and a pureeing time of 5 minutes.

Ingredients	Asparagus
500 g	Asparagus
500 g	Asparagus/vegetable stock
40 g	Salt, sugar GELEAhot
Ingredients	Ham
600 g	Ham
400 g	Beef stock
40 g	GELEAhot
Ingredients	Mashed potatoes
600 g	Boiled potatoes
250 ml	Milk (cold)
150 ml	Melted butter
	Salt, nutmeg

Nutrition facts per 100 g*

Energy/ Calories	373 kJ/ 89 kcal
Fat of which saturates	5.31 g 3.2g
Carbohydrates of which sugars	4.8 g 1.3 g
Fibre	2.6 g
Protein	5.5 g
Salt	0.7 g

*Calculated without the sauce



BEEF ROULADE

*with mashed potatoes, red cabbage
and pepper sauce*

Preparation for 10 portions

Beef roulade:

Blend the beef and the beef fond to a very fine puree, stir in the GELEAhot for approx. 20 seconds then bring the mixture to the boil for one minute. Pour the hot mixture into a casserole dish lined with cling film (no higher than 2-3 mm).

Gherkin filling:

Blend the gherkins and the gherkin brine to a very fine puree, stir in the GELEAhot for approx. 20 seconds then bring the mixture to the boil for one minute.

Spread the gherkin mixture onto the roulade mixture, leave both to cool down and roll up with the help of the cling film. Wrap the finished roulade again in aluminium foil and twist the ends. The roulade can then be sliced into portions as required.

Red cabbage:

Blend the red cabbage, butter, pieces of apple and vegetable stock to a very fine puree. Season to taste with sugar and salt. Stir in the GELEAhot for approx. 20 seconds then bring the mixture to the boil for one minute. Spoon the hot mixture into a "Carrot" silicone mould, use the lid to spread it evenly in the mould then refrigerate for approx. 30 minutes at +6°C.

Mashed potatoes:

Blend the potatoes, milk, butter and seasonings to a very fine puree for 5 minutes. Alternatively, you can use your own homemade mashed potatoes. Serve the mashed potatoes immediately after heating.

Pepper sauce:

Make the pepper sauce according to your own recipe.

Heating/serving:

Once the food has cooled down, place it on a plate, cover and heat at 80°C in a steam oven for approx. 12-15 minutes. To serve, pour the sauce over the beef roulade.

Kitchen tips:

The finer the puree, the better the result! We recommend Robot-Coupe's Robot Cook and a pureeing time of 5 minutes.

Ingredients	Beef roulade
500 g	Braised beef
300 g	Beef fond (liquid)
35 g	GELEAhot
Ingredients	Gherkin filling
100 g	Gherkins
150 g	Gherkin brine
13 g	GELEAhot
Ingredients	Red cabbage
500 g	Red cabbage (frozen)
500 ml	Vegetable stock
25 g	Butter
40 g	GELEAhot
½	Apple
	Salt, sugar
Ingredients	Mashed potatoes
600 g	Boiled potatoes
250 ml	Milk (cold)
150 ml	Melted butter
	Salt, nutmeg

Nutrition facts per 100 g*	
Energy/ Calories	445 kJ/ 106 kcal
Fat of which saturates	7.7 g 17.1 g
Carbohydrates Of which sugars	8.0 g 4.0 g
Fibre	2.9 g
Protein	4.1 g
Salt	0.3 g

*Calculated without the sauce



BEEF GOULASH
with spaghetti

Preparation for 10 portions

Goulash:

Blend the goulash, sauce and vegetable stock to a very fine puree, stir in the GELEAhot for approx. 20 seconds then bring the mixture to the boil for one minute. For a more attractive appearance, sprinkle the mould with a little ground paprika before filling. Spoon the hot mixture into a “Goulash” silicone mould, use the lid to spread it evenly in the mould then refrigerate for approx. 30 minutes at +6°C.

Spaghetti:

Blend the spaghetti, oil and water to a very fine puree. Season to taste with salt and pepper. Stir in the GELEAhot for approx. 20 seconds then bring the mixture to the boil for one minute. Spoon the hot mixture into a “Green Beans” or “Spinach” silicone mould, use the lid to spread it evenly in the mould then refrigerate for approx. 30 minutes at +6°C.

Heating/serving:

Once the food has cooled down, place it on a plate, cover and heat at 80°C in a steam oven for approx. 12-15 minutes. To serve, pour the goulash over the spaghetti.

Kitchen tips:

The finer the puree, the better the result! We recommend Robot-Coupe’s Robot Cook and a pureeing time of 5 minutes.



Ingredients	Goulash
<i>Prepare the goulash:</i>	
600 g	Goulash meat (cooked) (beef with onions and peppers)
200 ml	Meat stock
400 ml	Sauce from the goulash
50 g	GELEAhot
Ingredients	Spaghetti
550 g	Spaghetti (soft boiled) (whole wheat pasta is also possible)
310 ml	Water
180 ml	Oil
40 g	GELEAhot

Nutrition facts per 100 g	
Energy/ Calories	601 kJ/ 144 kcal
Fat Of which saturates	10.2 g 1.92 g
Carbohydrates Of which sugars	8.4 g 0.5 g
Fibre	2.3 g
Protein	4.7 g
Salt	0.3 g

ROAST LAMB
in mint sauce with green beans and mashed potatoes

Preparation for 10 portions

Roast lamb:

Blend the lamb and the gravy to a very fine puree, stir in the GELEAhot for approx. 20 seconds then bring the mixture to the boil for one minute. For a more attractive appearance, sprinkle the mould with a little ground paprika before filling. Spoon the hot mixture into a “Cutlet” silicone mould, use the lid to spread it evenly in the mould then refrigerate for approx. 30 minutes at +6°C.

Green beans:

Blend the green beans and the stock to a very fine puree, stir in the GELEAhot for approx. 20 seconds then bring the mixture to the boil for one minute. Spoon the hot mixture into a “Green Beans” silicone mould, use the lid to spread it evenly in the mould then refrigerate for approx. 30 minutes at +6°C.

Mashed potatoes:

Blend the potatoes, milk, butter and seasonings to a very fine puree for 5 minutes. Alternatively, you can use your own homemade mashed potatoes. Serve the mashed potatoes immediately after heating.

Mint sauce:

Make the mint sauce according to your own recipe.

Heating/serving:

Once the food has cooled down, place it on a plate, cover and heat at 80°C in a steam oven for approx. 12-15 minutes. To serve, pour the mint sauce over the roast lamb.

Kitchen tips:

The finer the puree, the better the result! We recommend Robot-Coupe’s Robot Cook and a pureeing time of 5 minutes.

Ingredients	Roast lamb
500 g	Lamb (cooked)
750 ml	Gravy
50 g	GELEAhot
Ingredients	Green beans
500 g	Green beans (frozen)
500 ml	Vegetable stock
40 g	GELEAhot
Ingredients	Mashed potatoes
600 g	Boiled potatoes
250 ml	Milk (cold)
150 ml	Melted butter
	Salt, nutmeg

Nutrition facts per 100 g*	
Energy/ Calories	464 kJ/ 111 kcal
Fat	7.9 g
Of which saturates	4.6 g
Carbohydrates	5.8 g
Of which sugars	1.2 g
Fibre	2.7 g
Protein	4.4 g
Salt	0.5 g

*Calculated without the sauce



VEGETARIAN BELL PEPPER ROULADE

with mashed potatoes and parsley sauce

Preparation for 10 portions

Bell pepper roulade:

Clean the bell peppers and the onions and cut into rough cubes. Sauté together lightly in a saucepan with a little oil then top up with vegetable stock. Allow to boil for 10 minutes, puree and strain if required. Season to taste and add the GELEAhot. Bring to the boil again for one minute, spread the mixture in a thin layer on a silicone baking mat then refrigerate for approx. 30 minutes at +6°C.

Cream cheese filling:

Bring the cream cheese and the cream to the boil in a saucepan, season to taste and add the GELEAhot. Bring to the boil again for one minute then allow the mixture to cool down a little. Spread the cream cheese filling in a thin layer on the bell pepper mass once it has cooled down and roll it up to form a roulade. Refrigerate the bell pepper roulade for approx. 30 minutes at +6°C then cut into portions.

Mashed potatoes:

Blend the potatoes, milk, butter and seasonings to a very fine puree for 5 minutes. Alternatively, you can use your own homemade mashed potatoes. Serve the mashed potatoes immediately after heating.

Parsley sauce:

Bring the Bechamel sauce and cream to the boil and season to taste with parsley.

Heating/serving:

Once the food has cooled down, place it on a plate, cover and heat at 80°C in a steam oven for approx. 12-15 minutes then serve with the Bechamel sauce.

Kitchen tips:

The finer the puree, the better the result! We recommend Robot-Coupe's Robot Cook and a pureeing time of 5 minutes.

Ingredients	Bell pepper roulade
550 g	Red bell peppers
50 g	Onions
400 ml	Vegetable stock
30 ml	Rapeseed oil
	Salt, ground paprika
40 g	GELEAhot
Ingredients	Cream cheese filling
250 g	Cream cheese
250 ml	Cream (30%)
	Salt, pepper
20 g	GELEAhot
Ingredients	Mashed potatoes
600 g	Boiled potatoes
250 ml	Milk (cold)
150 ml	Melted butter
	Salt, nutmeg
Ingredients	Parsley sauce
250 ml	Bechamel sauce
250 ml	Cream (30%)
5 g	Parsley (chopped)

Nutrition facts per 100 g*

Energy/ Calories	659 kJ/ 158 kcal
Fat of which saturates	13.8 g 7.99 g
Carbohydrates of which sugars	6.1 g 2.1 g
Fibre	2.4 g
Protein	2.6 g
Salt	0.2 g

*Calculated without the sauce



CHICKEN LEG

with curry sauce, spinach and Basmati rice

Preparation for 10 portions

Chicken Leg:

Blend the chicken meat, seasonings, oil and stock to a very fine puree for 5 minutes, add the GELEAhot and stir in for approx. 20 seconds then bring the mixture to the boil for one minute. For a more attractive appearance, sprinkle the mould with a little ground paprika before filling. Spoon the hot mixture into the "Chicken Leg" silicone mould, use the lid to spread it evenly in the mould then refrigerate.

Spinach:

Blend the spinach, stock and oil to a very fine puree for 5 minutes. Season to taste with salt, pepper and nutmeg. Stir in the GELEAhot for approx. 20 seconds then bring the mixture to the boil for one minute. Spoon the hot mixture into a "Spinach" silicone mould, use the lid to spread it evenly in the mould then refrigerate for approx. 30 minutes at +6°C.

Basmati rice:

Blend the Basmati rice, water and oil to a very fine puree for 5 minutes, add the GELEAhot and stir in for approx. 20 seconds then bring the mass to the boil for one minute. Spoon the hot mixture into a "Peas" silicone mould, use the lid to spread it evenly in the mould then refrigerate for approx. 30 minutes at +6°C.

Curry sauce:

Bring the white sauce to the boil with the coconut milk and season to taste.

Heating/serving:

Once the food has cooled down, place it on a plate, cover and heat at 80°C in a steam oven for approx. 12-15 minutes. To serve, pour the sauce over the chicken.

Kitchen tips:

The finer the puree, the better the result! We recommend Robot-Coupe's Robot Cook and a pureeing time of 5 minutes.

Ingredients	Chicken thigh
600 g	Fried chicken meat
100 ml	Rapeseed oil
300 ml	Vegetable stock
	Salt, ground paprika
40 g	GELEAhot
Ingredients	Spinach
500 g	Spinach (chopped, frozen)
500 ml	Vegetable stock
30 ml	Rapeseed oil
	Salt, pepper, nutmeg
40 g	GELEAhot
Ingredients	Basmati rice
600 g	Basmati rice (boiled, cold)
300 ml	Water (cold)
200 ml	Rapeseed oil
40 g	GELEAhot
Ingredients	Curry sauce
500 ml	Instant white sauce
150 ml	Coconut milk
	Curry powder, salt, pepper

Nutrition facts per 100 g*	
Energy/ Calories	587 kJ/ 140 kcal
Fat of which saturates	10.6 g 1.4 g
Carbohydrates of which sugars	5.4 g 0.5 g
Fibre	2.0 g
Protein	6.0 g
Salt	0.3 g

*Calculated without the sauce



GRILLED CHICKEN BREAST

*in cream sauce with spinach
and mashed potatoes*

Preparation for 10 portions

Chicken breast:

Blend the chicken meat, stock and cream to a very fine puree, stir in the GELEAhot for approx. 20 seconds then bring the mixture to the boil for one minute. For a more attractive appearance, sprinkle the mould with a little ground paprika before filling. Spoon the hot mixture into the "Chicken Breast" silicone mould, use the lid to spread it evenly in the mould then refrigerate for approx. 30 minutes at +6°C.

Spinach:

Blend the spinach, cream, butter and vegetable stock to a very fine puree for 5 minutes. Season to taste with salt, pepper, garlic and nutmeg. Stir in the GELEAhot for approx. 20 seconds then bring the mixture to the boil for one minute. Spoon the hot mixture into a "Spinach" silicone mould, use the lid to spread it evenly in the mould then refrigerate for approx. 30 minutes at +6°C.

Mashed potatoes:

Blend the potatoes, milk, butter and seasonings to a very fine puree for 5 minutes. Alternatively, you can use your own homemade mashed potatoes. Serve the mashed potatoes immediately after heating.

Cream sauce:

Make the cream sauce according to your own recipe.

Heating/serving:

Once the food has cooled down, place it on a plate, cover and heat at 80°C in a steam oven for approx. 12-15 minutes. To serve, pour the cream sauce over the chicken breast.

Kitchen tips:

The finer the puree, the better the result! We recommend Robot-Coupe's Robot Cook and a pureeing time of 5 minutes.

Ingredients	Chicken breast
600 g	Fried chicken meat
250 ml	Chicken stock
150 ml	Cream
	Salt, pepper, ground paprika
40 g	GELEAhot
Ingredients	Spinach
500 g	Spinach (chopped, frozen)
400 ml	Vegetable stock
100 ml	Cream (30%)
30 ml	Rapeseed oil
	Salt, pepper, garlic, nutmeg
40 g	GELEAhot
Ingredients	Mashed potatoes
600 g	Boiled potatoes
250 ml	Milk (cold)
150 ml	Melted butter
	Salt, nutmeg

Nutrition facts per 100 g*

Energy/ Calories	563 kJ/ 135 kcal
Fat of which saturates	9.4 g 4.7 g
Carbohydrates of which sugars	4.6 g 1.1 g
Fibre	2.7 g
Protein	6.7 g
Salt	0.2 g

*Calculated without the sauce

