

Step 1 > Puree



Place cooked food into a food processor and add correct amount of liquid. Puree until a smooth, thick, lump free consistency is achieved. Add seasonings to taste.

Step 2 > Modify



Stir GELEA cold into the puree mix at the correct weighed ratio.

Step 3 > Mold



Using a spatula or piping bag evenly distribute the pureed food into each mold cavity. Cover mold tray with supplied lid.

Step 4 > Freeze



Place molds into freezer and allow to freeze (min - 10°C) Food can then be used immediately or left frozen to use when required. To save space food can be removed from molds and placed in suitable freezer bags. Food must be removed from mold before re-heating.

Step 5 > Heating



Place frozen food on a tray, cover and heat (ideally use a steam oven, 50% steam) at 100°C and for approximately 12 - 15 minutes. Heating times may vary depending on oven type.

Step 6 > Serve



When food is heated at the correct temperature remove from oven and serve on dinner plate. Using foods from the various mold types can present an appealing, appetising and nutritious meal.