

Chicken



INGREDIENTS

- 16 oz. cooked and drained chicken (hot or cold meat can be used—skin, bones and cartilage must be removed)
- ▲ Extremely Thick Stock

NOTES

Although this process works with both hot and cold meat, natural juices are released by hot meat, so less ▲ Extremely Thick Stock will be needed when processing. On occasion with hot meat, no additional ▲ Extremely Thick Stock may be needed to process properly. Rely on the process and your test results to ensure proper preparation.

DIRECTIONS

1. Add cooked chicken to a food processor with sharp blade.
2. Put cover on processor.
3. Run processor for 15 seconds.
4. Open processor and inspect the contents of the processor bowl:
 - a. Scrape sides and bottom of processor bowl.
 - b. Remove any obviously undercooked, tough or stringy pieces.
 - c. If any thin liquid begins to pool, drain or spoon out of processor.
5. Put cover on processor.
6. Start processor and add ▲ Extremely Thick Stock to the processor about 1 oz. (approximately 2 tablespoons) at a time, until pureed consistency is achieved.
7. Using approximately 10 second intervals, process as long as necessary to eliminate all lumps:
 - a. Stop the processor and scrape sides after each interval of processing.
 - b. Typically, 2–3 rounds of processing and scraping will be needed.
8. Evaluate to ensure compliance with IDDSI ▼ Pureed requirements:
 - a. No lumps and no separated water-thin liquids.
 - b. Food sits on a mound above a dinner fork but does not drip or flow continuously through the fork.
 - c. Easily separates and comes through the tines of a fork.
 - d. Holds shape on a spoon, and slides off a teaspoon with little left—not sticky.
9. Remove from bowl and serve immediately, or separate into portions for storage in refrigerator or freezer.

Bonus presentation tip: Use a food form.

NOTE:

This recipe is an excerpt from *Modern Dysphagia Cooking*, written by the makers of SimplyThick®. For more information, please contact your local Sales Representative or email cookbook@simplythick.com.