

MINCED & MOIST

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

Each batch of meat will behave a little differently and this recipe is designed to be flexible to ensure compliance with IDDSI guidelines.

This process will work with both hot and cold cooked chicken. When working with hot foods that contain fat/oil, you will likely need less ▲ Extremely Thick Stock because the hot fat/oil will help lubricate the meat and achieve ▼ Minced & Moist results. When working with cold meat, the fat behaves more like a solid and typically requires a little more liquid to achieve the desired ▼ Minced & Moist results.

DIRECTIONS

1. Add cooked chicken to a food processor with sharp blade.
2. Put cover on processor.
3. Run processor for 10 seconds.
4. Open processor and evaluate meat for compliance with the size requirements for IDDSI ▼ Minced & Moist:
 - a. Remove any obviously undercooked, tough or stringy pieces.
 - b. If all pieces are equal to or smaller than 4 mm x 4 mm x 15 mm, go to Step 5.
 - c. If not, scrape all meat off the side of the processor bowl and return to Step 2.
5. Put processed meat into a mixing bowl and stir with a spatula. Evaluate the moisture level and whether water-thin liquids are weeping or separating from the chicken:
 - a. If water-thin liquid is visible in the bottom of the bowl or is separating from the meat, go to Step 6.
 - b. If water-thin liquid is not visible and the meat appears dry and will not stick together, go to Step 6.
 - c. If water-thin liquid is not present and the meat is moist and holds together, go to Step 7.
6. If water-thin liquid is present or the meat is too dry, it is necessary to add some ▲ Extremely Thick Stock to the meat to comply with IDDSI standards:
 - a. If present, remove excess water-thin liquid with a spoon.
 - b. Add small amounts of ▲ Extremely Thick Stock to the meat and stir with spatula to thoroughly combine liquids and solids.
 - c. Continue adding small amounts of ▲ Extremely Thick Stock until meat is moist and no water-thin liquid is separating.
7. Evaluate to ensure compliance with IDDSI ▼ Minced & Moist requirements:
 - a. No separated water-thin liquids.
 - b. Easily mashed with little pressure from a fork.
 - c. Easily separates and comes through the tines of a fork.
 - d. Holds its shape and slides off with little food left on a teaspoon.
8. Remove from bowl and serve, or separate into portions for storage.

Bonus presentation tip: Use a food form.

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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.