



**FRESENIUS
KABI**
caring for life

Thick & Easy™ Clear cookbook

Rediscover the joy of eating



Life's little joys needn't be so hard to swallow

An appetising and tasty diet plan seems like an almost unsolvable undertaking while suffering from dysphagia or swallowing problems. This can reduce your quality of life in an undesirable way. Due to swallowing difficulties the risk of dehydration and malnutrition increases. To help to create more appealing and good-looking food, we developed menu ideas to fit in with your day-to-day schedule.

Our cookbook combined with our product provides menu proposals to meet your individual energy needs. We offer different ideas to incorporate Thick & Easy™ Clear - thickener powder - food for special medical purposes, which must be used under medical supervision. Discover our variety of delicious recipes and rediscover the joy of eating

Managing dysphagia

One way to manage dysphagia is the adequate supply of texture modified foods. Ingredients have to be chopped, minced, puréed and thickened to the necessary consistency just as with all liquids. Carefully chosen textures and drink consistencies by your doctor and health care professionals may help to manage your dysphagia. Please follow the diet modification instructions from your health care professional, as not all patients require a puréed diet.



What is Thick & Easy™ Clear?

Thick & Easy™ Clear is a gum based food and drinks thickener that supports your difficulties and risks while suffering from dysphagia.

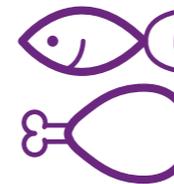
Import notes: To be used under medical supervision only. Not suitable as a sole source of nutrition. Intended for use as a food and beverage thickener and as such not intended to contribute significantly to energy intake. Not suitable for children under 3 years of age. Product contains fibre and sodium, please consider for overall diet. Please ensure adequate fluid intake.

General tips for various ingredients in a purée consistency diet plan



Vegetables

- Wash, peel and chop finely - a food processor may be used to save time.
- Steam, boil or microwave to cook. Cook until just soft to retain the maximum amounts of nutrients.
- Drain the vegetables, then place into a blender to purée. Add the required amount of liquid (sauce, stock or cream) to achieve smooth consistency. Puree each vegetable separately in order to retain the specific colour and taste and keep it appetising.



Fish and meat

- Cook the meat until well done. Do not overcook - this will result in meat that is stringy or tough.
- Chop finely using a food processor or knife.
- Blend meat until a breadcrumb consistency is achieved.
- Add liquid (meat stock, gravy, milk, cream, or sauce) and blend again until a smooth, thick consistency is achieved.



Fruit

- Use tinned fruit such as pears, peaches or mandarin or purée/mix fresh fruits thoroughly. Drain the syrup.

Import notes: When puréeing any food item, please ensure there are no remaining lumps.

How to use Thick & Easy™ Clear



Important

Mixing instructions:

Please follow the correct level advised by your health care professional and follow the instructions to reach the recommended level of thickening. You can't add additional powder afterwards to increase the level of thickening. Please keep this in mind.

Puréeing food

- Make sure that the food is less than 70°C.
- In order to properly mould food, it needs to be liquidised. You might want to add fluid to the food before puréeing it in order to achieve the right consistency with Thick & Easy™ Clear.
- Dishes such as fish and meat can be stringy when puréed. If necessary, use a sieve to ensure any remaining lumps are removed.

Adding Thick & Easy™ Clear



Info
Spoon=1.4

Level 2
Drinkable mildly thick



Level 3
Drinkable moderately thick



Level 4
Spoonable extremely thick



For 200ml

2 x 1.4g; 2.8g

4 x 1.4g; 5.6g

6 x 1.4g; 8.4g

- For thickening puréed meals, add desired amount of Thick & Easy™ Clear first and stir well.
- To make soaking solution (e.g. for bread or cake), dissolve 1-2 spoons in 100ml liquid.
- Allow the food to stand for a few minutes to reach the required consistency.
- Please always use the measuring scoop that comes in the tin of Thick & Easy™ Clear to use the right amount of powder to reach the recommended level of thickening.



Preparing beverages

- Generally, preparing drinks with Thick & Easy™ Clear is easy - add powder first, then liquid, mix with whisk/fork.
- For carbonated drinks, measure out drink and prepare a stirring glass for adding Thick & Easy™ Clear.
- When preparing hot beverages, make sure that they cool down to less than 70°C before adding Thick & Easy™ Clear.



Moulding food

- Prepared food should be chilled and then frozen as quickly as possible.
- Frozen moulded food can be put into bags, labelled, dated and stored for up to three months.
- Frozen moulded food should be allowed to defrost thoroughly before reheating.
- It is important to safeguard against risk of food poisoning, especially if the food is being reheated after freezing.
- Always ensure food is thoroughly heated.
- Never reheat cooked food more than once and never refreeze foods.
- Allow the food to stand for a few minutes to reach the required consistency.



Tips and tricks

- You are aiming for a thick, smooth consistency. With practice you will learn how to use common kitchen equipment for the various recipes.
- In order to ensure food safety, use probes to check the temperature at the different levels of preparation.
- To play with the appearance of your dishes, use different moulds and different kinds of nozzles for piping bags.
- If your ingredients are too solid after the blending process, add fluid in order to prepare the ingredients for the thickening process. After reaching a smooth consistency by adding fluid, you can add Thick & Easy™ Clear.

Tuna salad

Makes
2 servings

Ingredients

- 1 can Tuna packed in water, drained (140g)
- 2 tbsps. pickle relish (30g)
- 3 tbsps. light mayonnaise (45g)
- Salt and pepper to taste
- Thick & Easy™ Clear



Tips

Use dill pickle relish for different taste.

Nutritional information per serving*

Energy kcal	283
Protein g	15
Fat g	22
Carbohydrate g	5
Fibre g	0



Disclaimer: Image may contain non-purée food items which should be avoided if following a strict purée diet.

Preparation

- 1 Combine all ingredients in a bowl. Add liquid and use a blender or stick purée tool to purée all ingredients. Season with salt and pepper.
- 2 Liquidise and add required amount of Thick & Easy™ Clear to achieve a smooth consistency.
- 3 For instructions on how to use Thick & Easy™ Clear, see chapter 'How to use Thick & Easy™ Clear'.

Omelette

Preparation

- 1 Beat eggs, water, salt and pepper in a small bowl until it is blended.
- 2 Heat butter in pan or skillet over medium heat until hot. Tilt pan to coat entire bottom with melted butter. Pour in egg mixture. Mixture should set immediately at the edges.
- 3 Gently push cooked portions from edges toward the centre with an inverted turner so that uncooked eggs can reach the hot pan surface. Continue cooking, tilting the pan and gently moving cooked portions as needed.
- 4 When top surface of eggs is thickened and no visible liquid egg remains, place the filling on one side of the omelette. Fold omelette in half with turner. Liquidise omelette and add required amount of Thick & Easy™ Clear to achieve a smooth consistency.
- 5 For instructions on how to use Thick & Easy™ Clear, see chapter 'How to use Thick & Easy™ Clear'. Tips on moulding are shown in the section 'Moulding food'.

Disclaimer: Image may contain non-purée food items which should be avoided if following a strict purée diet.



Makes
1 serving

Ingredients

- 2 eggs
- Salt and pepper to taste
- 1 tbsp. butter (15g)
- ½ cup filling, such as shredded cheese (40g)
- Thick & Easy™ Clear



Tips

Try different fillings to keep this dish diverse.

Nutritional information per serving*

Energy kcal	371
Protein g	21
Fat g	31
Carbohydrate g	1
Fibre g	0

Chicken curry



Disclaimer: Image may contain non-purée food items which should be avoided if following a strict purée diet.

Makes
4 servings

Ingredients

- 1 *tblsp.* vegetable oil (15g)
- 50g onions, diced
- 1 *tsp.* garlic purée (5g)
- 300g chicken breast, diced
- 1 *tblsp.* curry powder (mild madras)
- 150g potatoes, diced
- 1 *tblsp.* tomato purée (15g)
- 300ml chicken stock
- 100ml coconut milk
- 400ml (med tin) tinned chopped tomatoes
- Mixed seasoning to taste
- Thick & Easy™ Clear

Nutritional information per serving*

Energy kcal	268
Protein g	21
Fat g	15
Carbohydrate g	12
Fibre g	3

Preparation

- 1 Heat the oil in a saucepan, gently sweat the onions and garlic for a couple of minutes. Increase the heat and add the diced chicken. Stir in until the flesh starts to firm up and cook.
- 2 Add the curry powder, stir and cook for a further 5 minutes. Add the chicken stock, coconut milk and chopped tomatoes, simmer for 30-40 minutes. Add the diced potatoes and tomato purée. Bring to the boil and reduce the sauce whilst stirring constantly. Ensure that the ingredients do not stick to the base of the pan.
- 3 Remove from the heat and season to taste. Allow to cool slightly, then blend until smooth.
- 4 Add liquid and Thick & Easy™ Clear to achieve desired consistency. For instructions on how to use Thick & Easy™ Clear, see chapter 'How to use Thick & Easy™ Clear'.

Hungarian goulash



Makes
8 servings

Ingredients

- 80ml sunflower seed oil
- 3 large onions, sliced (450g)
- 1400g beef stew meat, cut into 1½ inch cubes
- 500g noodles
- 1 can tomato paste (170g)
- 350ml water
- 1 clove garlic, minced
- 150g Hungarian sweet paprika
- Salt and pepper to taste
- Thick & Easy™ Clear



Tips
If goulash gets too thick, add a little water while it's cooking.

Preparation

- 1 Pour oil into a large pot or Dutch oven and heat over medium heat. Chop onions and cook them in oil until soft, stirring frequently. Remove onions and set aside.
- 2 In a medium bowl, combine paprika, salt and pepper.
- 3 Coat beef cubes in spice mixture, and cook in onion pot until brown on all sides.
- 4 Return the onions to the pot, and pour in tomato paste, water, garlic and salt. Reduce heat to low. Cover and simmer, stirring occasionally, 1½ to 2 hours, or until meat is tender.
- 5 When the meat is tender, liquidise and add Thick & Easy™ Clear to achieve a smooth consistency. For instructions on how to use Thick & Easy™ Clear, see chapter 'How to use Thick & Easy™ Clear'. Tips on moulding are shown in the section 'Moulding food'.
- 6 If desired, serve with side dishes e.g. puréed rice, noodles or potatoes.

Nutritional information per serving*

Energy kcal	554
Protein g	46
Fat g	19
Carbohydrate g	49
Fibre g	4

Noodles with vegetables

Preparation

- 1 Prepare instant noodles following the packaging instructions, but adding an extra 100ml of water and overcook them slightly. For conventional noodles, also overcook them slightly. Mix the cooked noodles with water and blend until a smooth creamy texture is reached. Add Thick & Easy™ Clear and mix in your favourite soy sauce. For instructions on how to use Thick & Easy™ Clear, see chapter 'How to use Thick & Easy™ Clear'.
- 2 Wash, cut and boil the broccoli until it's slightly overcooked. Once cooked, blend it with water until it is smooth, add Thick & Easy™ Clear to achieve the same texture as the noodle purée.
- 3 Peel the carrots and boil them until they are completely cooked. Blend carrots with olive oil & a pinch of salt to achieve a smooth consistency.
- 4 Peel and wash the onion, cut into small pieces and cook in a hot pan with olive oil. Blend the onion with water and a pinch of salt to achieve a smooth consistency. Strain the onion purée and add Thick & Easy™ Clear and repeat steps for the red paprika.
- 5 Pipe the noodle purée into a bowl and assemble the vegetable purées on top with a piping bag or mould them for the desired look. Tips on moulding are shown in the section 'Moulding food'.

Makes
4 servings

Ingredients

- 400g noodles
- 2 carrots, peeled (125g)
- 1 broccoli (510g)
- 1 red paprika (120g)
- 1 onion (110g)
- 1 tbsp. olive oil (15g)
- 50ml soy sauce
- Salt and pepper to taste
- Thick & Easy™ Clear



Tips

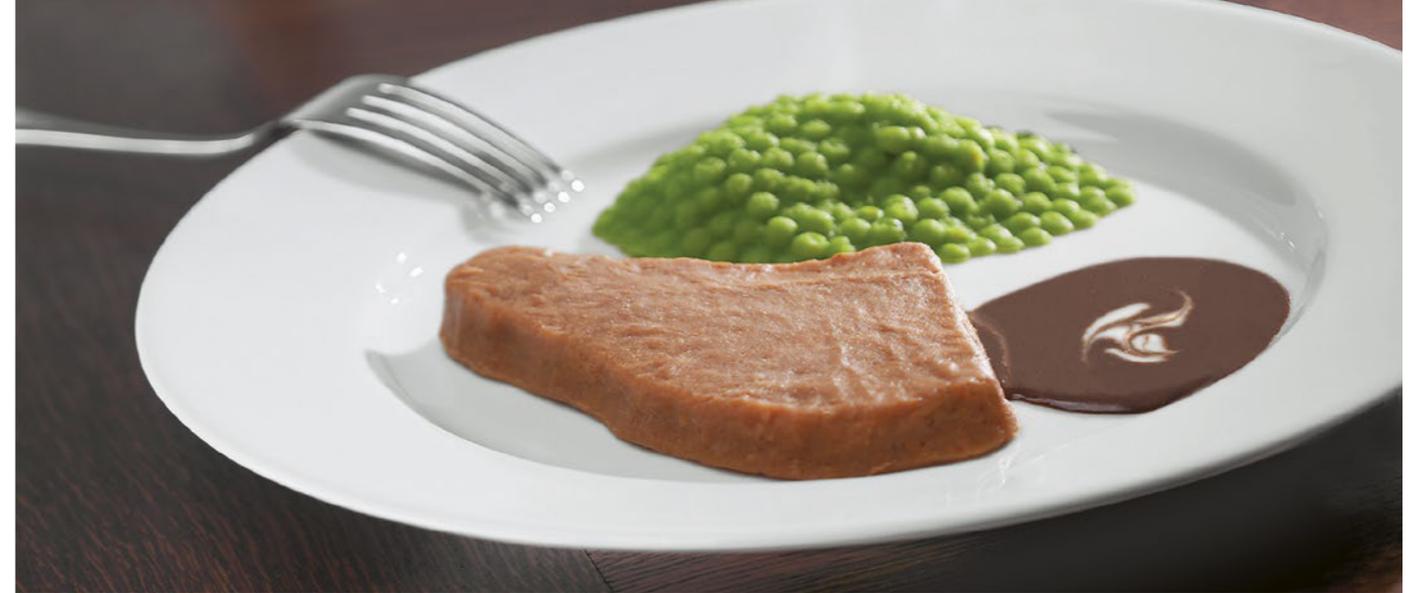
Add spices and garnish to taste.

Nutritional information per serving*

Energy kcal	482
Protein g	21
Fat g	7
Carbohydrate g	78
Fibre g	11



Disclaimer: Image may contain non-purée food items which should be avoided if following a strict purée diet.



Pork fillet with carrots, peas and mash potatoes

Makes
10 servings

Ingredients

- 1 tbsp. oil (15g)
- 50g butter/milk/cream
- 10 carrots (610g)
- 500g peas
- 10 pieces of pork fillet (1500g)
- 10 potatoes (2130g)
- Salt and pepper to taste
- Thick & Easy™ Clear

Preparation

- 1 Boil the carrots, peas and potatoes in separate pots. Mash potatoes with butter, cream or milk.
- 2 Liquidise mash potatoes, peas and carrots separately and add Thick & Easy™ Clear to each of them until each gets a smooth consistency. For instructions on how to use Thick & Easy™ Clear, see chapter 'How to use Thick & Easy™ Clear'.
- 3 Fry pork fillets in oil and season them with salt and pepper. Let them cool, liquidise and add Thick & Easy™ Clear until they are a smooth consistency.

Nutritional information per serving*

Energy kcal	390
Protein g	41
Fat g	5
Carbohydrate g	41
Fibre g	7

Poached **salmon fillet** with vegetables

Makes
1 serving

Ingredients

- 1 onion (110g)
- 1 bay leaf
- 1 clove
- parsley
- Salt and pepper to taste
- 100g salmon medallion
- 100g broccoli
- 100g creamed potatoes
- 3 tbsp. sour cream (40g)
- Thick & Easy™ Clear



Tips

For fresher taste, squeeze some lemon over the salmon.

Nutritional information per serving*

Energy kcal	423
Protein g	29
Fat g	19
Carbohydrate g	27
Fibre g	9



Preparation

- 1 Make a stock, using water, onion, a bay leaf, a clove, parsley, salt and pepper.
- 2 Place the salmon medallion (skinned & boneless) in the boiling stock. The medallion must be covered with stock. Leave to simmer for about 10 to 15 minutes.
- 3 Puree 100g of cooked salmon fillet with 100ml of the stock with a purée mixer. Thicken with Thick & Easy™ Clear to achieve a smooth consistency. For instructions on how to use Thick & Easy™ Clear, see chapter 'How to use Thick & Easy™ Clear'.
- 4 If you have a mould to shape a salmon filet, spread mixture into the mould. Tips on moulding are shown in the section 'Moulding food'.
- 5 For sauce, strain some stock & add sour cream. Thicken 100ml with Thick & Easy™ Clear.
- 6 Cook the broccoli in salted water. Take 100g of broccoli and 20ml of the water it was cooked in and purée. Thicken with Thick & Easy™ Clear. If you have a mould for broccoli, spread the mixture into the mould. Prepare the creamed potatoes and add Thick & Easy™ Clear.
- 7 To serve, use a pasta or potato press to arrange the creamed potatoes on the plate.



Spaghetti bolognese

Preparation

- 1 Boil spaghetti as per instructions and make sure to overcook it slightly.
- 2 Peel and finely chop the onion, garlic and carrot. Fry them together in a saucepan with a drop of olive oil, add some herbs and pinch of salt.
- 3 Add the minced beef and, while it's cooking. Cook for 15 minutes - stirring often to break up the meat pieces. Add some water and cook for a further 5 minutes to soften meat. Then blend and add Thick & Easy™ Clear to achieve smooth consistency.
- 4 Blend the tomato passata. Blend the boiled spaghetti with water, parmesan cheese and a drop of olive oil to achieve a smooth consistency.
- 5 For instructions on how to use Thick & Easy™ Clear, see chapter 'How to use Thick & Easy™ Clear'.

Makes
4 servings

Ingredients

- 400g spaghetti
- 250g tomato passata
- 200g minced beef
- 1 onion (150g)
- 1 carrot (50g)
- 1 clove of garlic
- 50g parmesan cheese
- 1 tbsp. olive oil (15g)
- Salt and pepper to taste
- Fresh herbs, e.g. thyme
- Thick & Easy™ Clear



Tips

Add spices and garnish to taste.

Nutritional information per serving*

Energy kcal	588
Protein g	30
Fat g	17
Carbohydrate g	76
Fibre g	5

Chickpea purée with

feta crème and paprika dip

Chickpea purée

Makes
8 servings

Ingredients

- 1 can chickpeas (450g)
- 100ml Tahini
- 1 clove of garlic, chopped
- 4 tsps. lemon juice (15g)
- Salt
- 4 tbsps. olive oil (55g)
- Thick & Easy™ Clear



Tips

To create more elaborate flavour for the dishes, add more spices such as a hint of mint, sesame seeds, pepper or chilli.



Disclaimer: Image may contain non-purée food items which should be avoided if following a strict purée diet.

Preparation

- 1 Put all ingredients into a blender and blend until they become a smooth purée.
- 2 Add liquid and Thick & Easy™ Clear and let it sit until desired consistency is achieved.
- 3 Serve in a little bowl as a dip or mould as a side dish.

Preparation

- 1 Crumble feta and mix with cottage cheese, cream cheese, water or milk. Add salt, garlic and herbs to taste. Blend and add Thick & Easy™ Clear to achieve a smooth consistency.
- 2 For instructions on how to use Thick & Easy™ Clear, see chapter 'How to use Thick & Easy™ Clear'.
- 3 Serve in a little bowl as a dip or mould as a side dish. Tips on moulding are shown in the section 'Moulding food'.



Feta crème

Ingredients

- 1 feta cheese (250g)
- 1 pack cottage cheese (110g)
- 1 cream cheese with herbs (110g)
- Milk or water (15g)
- Salt
- Garlic to taste
- Thick & Easy™ Clear

Preparation

- 1 Wash, clean and chop paprika and peppers.
- 2 Heat olive oil in a pan, add paprika, peppers and garlic and cook them. Add herbs, salt, pepper and add water. Cook a little longer until everything is soft.
- 3 Blend and add Thick & Easy™ Clear to achieve a smooth consistency. For instructions on how to use Thick & Easy™ Clear, see chapter 'How to use Thick & Easy™ Clear'.
- 4 Serve warm or cold in little bowl as a dip.



Paprika dip

Ingredients

- 500g red paprika
- 3 red peppers (135g)
- 1 clove garlic
- Herbs, e.g. thyme
- 3 tbsps. olive oil (40g)
- Salt and pepper to taste
- Thick & Easy™ Clear

Disclaimer: Image may contain non-purée food items which should be avoided if following a strict purée diet.

Nutritional information per serving*

Energy kcal	542
Protein g	24
Fat g	32
Carbohydrate g	32
Fibre g	11



Mint pannacotta with dark chocolate

Makes
4 servings

Ingredients

- 450ml fresh cream
- 220ml whole milk
- 3 tbsp. sugar (45g)
- 20 fresh mint leaves + extra to decorate
- 5 gelatine sheets (about 10g)
- 70g dark chocolate
- Thick & Easy™ Clear



Tips

Puree some mint leaves to garnish.

Nutritional information per serving*

Energy kcal	525
Protein g	7
Fat g	43
Carbohydrate g	26
Fibre g	3

Preparation

- 1 Put the gelatine sheets in cold water to soften for 20 minutes. Put the cream, 150ml milk and the sugar in a sauce pan and bring it to boil. Remove from the heat.
- 2 Squeeze the water out of the gelatine sheets and add them to the pan with the milk and the cream. Tear 20 mint leaves in halves and add them to the mixture too. Blend well and let it rest for 8 minutes stirring from time to time then filter with a mesh strainer
- 3 Rinse 4 cups with cold water. Let the mixture cool down a little then pour into the cups. Put them in the fridge to set for at least 5 hours. Bring the remaining milk to the boil, add the chocolate chopped into smaller pieces and blend well. Add Thick & Easy™ Clear to achieve a smooth consistency.
- 4 For instructions on how to use Thick & Easy™ Clear, see chapter 'How to use Thick & Easy™ Clear'.
- 5 Take the cups with the pannacotta out of the fridge, warm them up a little with your hands, turn them upside down and gently tap them over a plate to release the pannacotta.
- 6 Pour some chocolate sauce purée on top.



Raspberry Trifle

Makes
4 servings

Ingredients

- 300g frozen raspberries, thawed
- 250ml cream
- 30g white sugar
- 150g plain yoghurt
- 1 package vanilla sugar
- 100g biscuits
- 120ml amaretto or espresso
- Thick & Easy™ Clear



Tips

Add spices and garnish to taste.

Nutritional information per serving*

Energy kcal	385
Protein g	6
Fat g	23
Carbohydrate g	34
Fibre g	4

Preparation

- 1 In a medium bowl, beat cream then add sugar, vanilla sugar and yoghurt.
- 2 Liquidise and add the required amount of Thick & Easy™ Clear. For instructions on how to use Thick & Easy™ Clear, see chapter 'How to use Thick & Easy™ Clear'.
- 3 Mix amaretto/espresso and biscuits, liquidise and add required amount of Thick & Easy™ Clear to achieve a smooth consistency.
- 4 Blend frozen raspberries, liquidise and add required amount of Thick & Easy™ Clear to achieve a smooth consistency. Layer the biscuits, cream and raspberries into 4 cups and serve.

Mint tea

Makes
1 serving

Ingredients

- A large handful of fresh mint leaves
- About 2 cups/240ml water (depending on how strong you want your tea)
- Honey (20g)
- Thick & Easy™ Clear



Tips

For iced mint tea: follow the directions above adding sweetener if using while the tea is still warm, then store in the fridge until ready to serve. Add Thick & Easy™ Clear as per instructions.

Nutritional information per serving*

Energy kcal	70
Protein g	1
Fat g	0
Carbohydrate g	17
Fibre g	1

Preparation

- 1 Roughly tear the leaves with your hands and place them in a small strainer placed over a teapot or glass bowl.
- 2 Bring the water to a boil and pour over the leaves. The water should cover the leaves in the strainer. Cover the teapot or bowl and let the leaves steep for at least 5 to 10 minutes.
- 3 Gently bruise the mint leaves with the back of a wooden spoon or a muddler to release the oils, then remove the strainer pressing on the leaves to extract as much liquid as possible.
- 4 Let it cool down to < 70°C. Fill the desired amount of Thick & Easy™ Clear into a cup. Pour water into a tea cup or mug and sweeten with honey to taste if desired. For instructions on how to use Thick & Easy™ Clear, see chapter 'How to use Thick & Easy™ Clear'.



Orange juice

Preparation

- 1 Cut each orange in half. Put Thick & Easy™ Clear into a glass.
- 2 Squeeze each half orange into a glass. You may also use a citrus squeezer to do this. If you want less pulp, strain the juice before serving. In case of ready juice, pour the desired amount into a glass.
- 3 If the juice is not sweet enough, sweeten with honey or sugar to desire.
- 4 Mix the juice using a whisk. For instructions on how to use Thick & Easy™ Clear, see chapter 'How to use Thick & Easy™ Clear'.



Makes
1 serving

Ingredients

- 4 ripe oranges (480g)
- Honey or sugar to taste (20g)
- Thick & Easy™ Clear



Tips

For seasonal flavour differences, add spices such as cinnamon

Nutritional information per serving*

Energy kcal	276
Protein g	5
Fat g	1
Carbohydrate g	55
Fibre g	8

Carbonated drinks

Preparation

- 1 Measure out cola, prepare a stirring glass.
- 2 Add required amount of Thick & Easy™ Clear into another glass and pour drink into it, then stir well to dissolve it in the drink. You might need a whisk for this step. For instructions on how to use Thick & Easy™ Clear, see chapter 'How to use Thick & Easy™ Clear'.
- 3 Let the mixture sit for a short amount of time to allow it to thicken.



Makes
1 serving

Ingredients

- 1 glass carbonated drink (e.g. Cola 250ml)
- Thick & Easy™ Clear

Nutritional information per serving*

Energy kcal	105
Protein g	0
Fat g	0
Carbohydrate g	27
Fibre g	0

Thick & Easy™ Clear

Making food and drink good – the solution for safe swallowing for dysphagia patients



*Nutritional information estimated according to Souci • Fachmann • Kraut database and USDA Food Composition Databases.

Images may contain non-purée food items which should be avoided if following a strict purée diet.

Pictures shown are serving suggestions and for illustration purpose only. Dishes may vary due to production processes.

Allergens may be present, please check individual product and ingredients labels.



**FRESENIUS
KABI**

caring for life

Fresenius Kabi Limited
Fresenius Kabi Ireland
Unit 3B Fingal Bay
Balbriggan, Co. Dublin, Ireland
Email: FK-enquiries.ireland@fresenius-kabi.com Phone: +353 (0)1 841 3030
www.fresenius-kabi.com/ie/

Job code: IE-T&EC-2200007
Date of Preparation: August 2022