Foreword by Caroline Lecko
Patient Safety Lead at NHS England

Preston Walker
Oak House Care Home

Dysphagia - a practical guide
Dysphagia Diet Food Texture Descriptors
Thin Purée Dysphagia Diet
Dysphagia Diet Audit Checklist – Thin Purée Dysphagia Diet

Dysphagia Diet Food Texture Descriptors – Thick Purée Dysphagia Diet
Dysphagia Diet Audit Checklist – Thick Purée Dysphagia Diet

Dysphagia Diet Food Texture Descriptors – Pre-Mashed Dysphagia Diet
Dysphagia Diet Audit Checklist – Pre-Mashed Dysphagia Diet

Dysphagia Diet Food Texture Descriptors – Fork Mashable Dysphagia Diet
Dysphagia Diet Audit Checklist – Fork Mashable Dysphagia Diet
Recipes designed for people with Dysphagia by Premier Foods
Nutritional Information

FOREWORD BY
Caroline Lecko
National Patient Safety Lead
NHS England

Dysphagia (difficulty in swallowing) conservatively affects approximately 8% of the world’s population – that is a sobering 98,931,680 individuals from the developed world. Dysphagia affects individuals across the life-span with the young and elderly being most frequently affected. It is estimated that approximately 60 – 75% of people in care homes and 22% of the world’s population over the age of 55 years are affected by dysphagia. There is growing evidence to show that the prevalence of dysphagia in babies and children is increasing due to advances in medical care for children with disabilities and higher survival rates of premature babies.

We also know that individuals with dysphagia are at greater risk of malnutrition, dehydration, aspiration pneumonia and choking. Having dysphagia can impact on an individual’s quality of life as a result of anxiety, loss of taste/smell and embarrassment. Ensuring that individuals with the condition have a nutritious, appetising and safe meal is essential both in terms of maintaining an individual’s well-being and quality of life.

Whilst there are promising treatments being developed to improve function, modification of food texture and liquid thickness has become a cornerstone of dysphagia management. The preparation of texture modified meals needs to improve – it is no longer acceptable to provide meals that are purely ‘blended’ to a ‘purée’. This is unsafe, unappetising and contributes to harm to individuals.

Premier Foods has really risen to the challenge to demonstrate that you can provide safe, nutritious, appetising texture modified meals using the ingredients you have in your store cupboard. Will you rise to the same challenge and make a real difference to the people in your care?

The Dysphagia Diet Food Descriptors are a tool for you to use to improve the texture modified meals you provide to the people in your care.

Please always ask yourself whenever you serve a texture modified meal ‘would I eat this meal?’ or ‘would I be happy for a member of my family to eat this meal?’ If the answer is ‘no’ then please do not serve the meal.
Catering for someone with dysphagia poses several challenges for kitchen staff to deliver a safe, nutritious and varied diet. By understanding the condition, which can vary from person to person, together with the food texture descriptors, you can start to create a menu repertoire.

There are different ways of creating puréed meals and methods can change depending on the ingredients used and the serving texture you are achieving. Foods will require blending, then either thickening-up or thinning-down to the correct descriptor. For both methods kitchen equipment plays a vital role; investment in quality food processors and sieves aid with the consistency of meals and ease of preparation.

For the thicken-up method there are many specialist thickening agents available on the market. Equally there are several household ingredients which will do the same job such as cornflour, arrowroot, mashed potato, gravy or custard powder. When using this method it is important to allow time for rehydration of thickening powders since some powders will take 5-10 minutes to do this, so it is best to leave to stand for 10 minutes and then test against the checklist before serving.

On face value the thinning-down method might seem a simpler process; to add a liquid to the puréed food until the desired texture is achieved. But patients with dysphagia, particularly those who require a descriptor B diet, suffer a greater risk of malnutrition, since thinning the food down will also dilute the nutritional value of the dish. Adding some fortification such as stock, sauces, milk, yoghurt or syrups when thinning can counteract this.

Not all foods are suitable for dysphagia diets. Some foods such as rice, cous-cous and other hard or starchy foods are difficult to adapt in this way. With a little imagination you can still provide menus with choice and variety to customers. Substitute rice with rice flakes or cous-cous with soft polenta.

Consideration should be given to the cooking methods of ingredients. Poaching, steaming or braising foods will keep ingredients soft for puréeing. Grilling, baking or roasting foods will boost the flavour but any crust or skin will need to be removed before serving, adding preparation time and increasing wastage.

The presentation of dishes is fundamental as we all evaluate food by sight. Dysphagia meals can be made appealing by piping purées into rings, setting in moulds or shaping on the plate. Thinner purées can be presented on compartment plates, which separate the individual components and flavours.

When it comes to serving meals, extra support or assistance may be required. People with dysphagia find it hard to eat and will require longer over meals than someone on a regular diet. Kitchen staff should be prepared to re-heat food at times. Adapted plates, cutlery and non-slip place mats can make eating easier. If someone is not sitting up straight at mealtimes, supporting them with cushions will help with their swallow function. Also serving drinks with meals will make eating easier and aid digestion.

Don’t be afraid to try new ideas. Use your imagination and be creative!
Eating well-presented nutritious food is a vital part of our daily life. It is not only essential for our health but the social aspect of eating is part of our well-being. However, for some, it’s a part of the day that creates anxiety, unhappiness and possibly even danger from choking.

We aim to provide food that is not only safe and nutritious to eat, but just as importantly, food that looks appetising to eat.

**Appearance of Food**

Sometimes food for a dysphagia diet is puréed all together even though the meal itself has several components. However, food looks most appealing when kept separate. For example, a roast dinner can all be puréed but by keeping each type of food separate on the plate it looks far more like the original roast dinner (that most others in the room will be eating) and therefore more appealing to eat.

Place vegetables into shaped moulds and even pipe some vegetables onto the plate to replicate the original shape such as carrots or green beans.

Make oval ‘quenelles’ using two dessert spoons to shape the potatoes or pipe them into a swirl with a fluted piping nozzle.

Layering food is an excellent way to present savoury dishes such as cottage pie but also for many desserts, for example, rice pudding with puréed peaches. Purée both foods in line with the descriptor then layer into a clear glass. The finished dish is a very pretty looking glass of creamy rice with bright yellow layers of fruit.

**Equipment required for puréeing food**

Food processor, liquidiser.

The size of blender used is determined by the amount of food to be puréeed.

When using a food processor or liquidiser, overfilling will result in an inconsistent purée whilst trying to purée too small an amount in a processor will not work as the blade cannot reach the food.

**Equipment for testing the descriptors**

No special equipment is required to test the correct consistency of the food thus making it simple and accessible to everyone whether in a domestic situation or a large industrial kitchen.

All that is required is a plastic teaspoon, metal fork and a plate. Use these three items and follow the checking method for each descriptor.

**Equipment for presenting food**

Mould shapes - these can be ring moulds or shaped e.g. star shaped cutter for a Christmas dessert or a cow shaped cutter for a beef dinner

Piping bags with various nozzles for piping descriptor C

Small glass dishes or shot glasses for presenting desserts

**Foods that don’t work**

- Fibrous vegetables such as leeks unless they are cooked until very soft, ‘old’ string beans that can be stringy or chewy
- Peas, grapes or foods with a pith/ skin
- Couscous or sticky foods, e.g. marshmallows
- Anything that changes texture in the mouth e.g. jelly, ice cream or water melon
- ‘Floppy’ foods such as lettuce or cucumber

**Foods that do work**

- Lots of foods do work by softening them first with liquid. Always use a liquid that will add nutrients such as fruit juice, cream, yoghurt, meat juices, gravy or even vegetable water which has the water soluble vitamins present from the vegetables
- Flapjacks, cheesecake bases, Yorkshire puddings, pizza – these can all be softened with a liquid prior to puréeing
- Try to add as many nutrients to the recipes as possible so that the food is packed full of goodness. For example think about adding sweet potato or parsnip to mashed potato or orange juice to chocolate cake when puréeing
- Always season the food well and check again once puréed as the food can lose some of its original flavour if it has been thinned
What factors change the consistency of the puréed food?

1. Temperature at which it is puréed.
   If food is puréed whilst still hot it will require less added liquid to reach the desired consistency than the same food that has been chilled and then puréed.

2. Temperature at which it is stored and period of time it is stored.
   A cold dessert may thicken up if refrigerated for several hours so care needs to be taken that the food is still the correct consistency when served.

3. Reheating method
   This may produce a crust and can happen with potato, rice, pasta etc. so it is best to reheat foods in a steamer, microwave or in a regen oven but covered, to prevent drying out.
   NB: always check that food has reached core temperature once reheated and that correct procedures have been followed.

## Dysphagia Menu Changes

These are examples of the dishes Hertfordshire Catering Services have provided for one of their special schools and the medium used to create the correct descriptor.

### Main Course Dishes

- Oven baked battered fish fillets
- Spaghetti Bolognaisce
- Beef burger in a bun
- Favourite pizza
- Macaroni cheese
- Sweet potato slice
- Roast pork and apple sauce
- Breaded salmon portion
- Cheese and tomato wrap
- Barbecue chicken
- Vegetable curry & rice

### Medium

- Tinned tomatoes/Tomato sauce
- Tomato sauce
- Pizza topping
- Béchamel sauce
- Full cream Milk
- Apple sauce
- Chilli sauce
- Baked bean juice
- Barbeque sauce
- Vegetable Bouillon
- The stock/vegetable water from the cooking process

### Dessert Items

- Syrup sponge
- Toffee cream tart
- Fruit flapjack
- Semolina
- Chocolate brickwall
- Apricot peasants pudding
- Fruit muffin

### Medium

- Custard
- Condensed milk
- Fruit juice
- Condensed milk
- Chocolate sauce
- Apricot purée
- Custard
## Dysphagia Diet Food Texture Descriptors

### What are descriptors?
Descriptors detail the types and textures of foods needed by individuals who have oropharyngeal dysphagia (swallowing difficulties) and who are at risk of choking or aspiration (food or liquid going into their airway). The descriptors provide standard terminology to be used by all health professionals and food providers when communicating about an individual's requirements for a texture modified diet. The food textures are:

- **B** = Thin Purée Dysphagia Diet
- **C** = Thick Purée Dysphagia Diet
- **D** = Pre-mashed Dysphagia Diet
- **E** = Fork Mashable Dysphagia Diet

Fluids are not currently included in these descriptors. The following guidance is suggested for information on thickening fluids:


### Who developed the descriptors?
The descriptors were developed by the National Patient Safety Agency (NPSA) Dysphagia Expert Reference Group in association with Cardiff and Vale University Health Board. The group included representatives from nursing, speech and language therapy, dietetics, hospital catering and the industry. These descriptors replace previous versions that were developed by the British Dietetic Association (BDA) and Royal College of Speech and Language Therapists (RCSLT). The new descriptors have been endorsed by the BDA, RCSLT, Hospital Caterers Association (HCA) and the National Nurses Nutrition Group (NNNG). Consultation has taken place with representatives from a wide range of manufacturers of dysphagia products throughout the development process.

### Why were the descriptors developed?
The descriptors were developed in response to concerns relating to patient safety and a request from the industry and in-house caterers for detailed guidance on categories of texture.

### What is the rationale for the descriptors?
The descriptors were developed from both the 2002 British Dietetic Association/Royal College of Speech and Language Therapists National Descriptors for Texture Modification in Adults and the Cardiff and Vale University Health Board's 2010 interpretation of these original descriptors. The scientific evidence in this field is limited. These descriptors are therefore based on the best available current evidence, on texture descriptors produced internationally, and a consensus of expert opinion. As new evidence emerges these descriptors will be amended.

### Why might individuals need a texture modified diet?
Individuals may need to eat a texture modified diet because: a) they are generally unwell and need a 'soft diet', or b) they have oropharyngeal dysphagia. The Dysphagia Diet Food Texture Descriptors are for individuals who have oropharyngeal dysphagia. Food for individuals who are generally unwell can usually be available from the 'soft food' options on a menu. An individual who has oropharyngeal dysphagia may be at risk of choking and/or aspiration of food into the lungs. They may also be at risk of being unable to eat sufficient food to maintain their weight and unable to drink sufficient fluid to maintain hydration. Children may additionally be unable to eat sufficient food to grow.

### When is a texture modified dysphagia diet recommended?
A texture modified dysphagia diet will be prescribed following assessment by a speech and language therapist or other appropriately trained health care professional, e.g. a professional trained to a specialist level on the Inter-professional Dysphagia Competency Framework. The prescribing practitioner will use their clinical judgement to prescribe any additional textures on a case-by-case basis.

### How is a texture modified dysphagia diet provided to individuals?
This will depend on where the person is living or staying. For individuals who are in hospitals or residential care the food may be prepared by in-house caterers or produced by industry caterers. In other settings the modified diet may be produced by the individual's family or carers or provided by industry caterers.
Can these descriptors be used with children?

The new descriptors have been developed to include the needs of children. The only change is the size of the pieces of meat included in Texture E, the Fork Mashable Dysphagia Diet. Following an individual child’s assessment, a speech and language therapist may prescribe the Fork Mashable Dysphagia Diet, and will give specific guidance to parents and carers on the size of the meat particles based on the child’s swallowing skills, their age and their development level. School caterers may also use these descriptors in conjunction with speech and language therapists and school staff.

What consistencies should all care settings provide?

It is envisaged that all care settings will have 2 available textures:

- **Texture C** (Thick Purée Dysphagia Diet) and
- **Texture E** (Fork Mashable Dysphagia Diet)

Texture D (Pre-mashed Dysphagia Diet) may be required routinely in some care settings: this should be agreed locally. Similarly some settings may routinely require Texture B (Thin Purée Dysphagia Diet).

Individual patients may require variation to one of these textures – this will be prescribed on an individual basis by a speech and language therapist following individual assessment.

What does this document include?

Specific standards for each texture B, C, D and E

- Audit checklists so that the food can be measured against the standards for each texture. These sheets were designed for food producers, but may be useful for staff teaching and training.

Additional recommendations

The following recommendations are made by the NPSA Dysphagia Expert Reference Group:

- All professional organisations should encourage their members to comply with the terminology and language used within this document.
- A pictorial training aid should be developed to support these Dysphagia Diet Food Texture Descriptors.
- Industry is encouraged to review their packaging of texture modified foods to reflect the colour codes used for each texture descriptor within this document.

This document will be reviewed in two years from date of issue.

Cardiff & Vale University Health Board
Jennie Powell – Speech & Language Therapist
Jackie Davies – Speech & Language Therapist
Lynsey Clode – Dietitian

NPSA Dysphagia Expert Reference Group
NPSA
Caroline Lecko

Royal College of Speech & Language Therapists
Charlotte Buswell
Hannah Crawford
Judy Hibberd
Karen Krawczyk
Jennie Powell
Sue Pownall
Deirdre Rainbow

The British Dietetic Association
Janice Barratt
Karen Hyland
Roslyn Norrie

National Nurses Nutrition Group
Liz Evans

NHS Supply Chain
Kathryn Browne

Hospital Caterers Association
Kevan Wallace
General description:
Food has been puréed or has purée texture. It does not require chewing.

✓ It is a thin purée (*please see note opposite)
✓ It is smooth throughout with no ‘bits’ (no lumps, fibres, bits of shell/skins, bits of husk, particles of gristle/bone etc). It may need to be sieved to achieve this
✓ It may have a fine ‘textured’ quality as long as the bolus remains cohesive in the mouth
✓ It is moist
✓ Any fluid in or on the food is as thick as the purée itself
✗ There are no loose fluids that have separated off
✗ The texture is not sticky in the mouth
✗ No garnish

Check before serving/eating:
✗ No hard pieces, crust or skin have formed during cooking/heating/standing
✗ It has not thinned out and any liquid within the food has not separated off

No ice cream or jelly unless advised as suitable by speech and language therapist on an individual basis.

*Note – definition of ‘thin’ purée
• Does not hold its shape on a plate or when scooped
• Cannot be eaten with a fork because it slowly drops through the prongs
• The prongs of a fork do not make a clear pattern on the surface
• It cannot be piped, layered or moulded
• Can be poured
• ‘Spreads out’ if spilled. A light, disposable plastic teaspoon must be able to stand upright when the head is fully covered
• If it does not do this, the texture is too thin
## Checklist

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**DYSPHAGIA DIET FOOD TEXTURE DESCRIPTORS**

**Thick Purée Dysphagia Diet**

**General description:**

- Food has been puréed or has purée texture. It does not require chewing
- It is a thick purée (please see note below)
- It is smooth throughout with no ‘bits’ (no lumps, fibres, bits of shell/skin, bits of husk, particles of gristle/bone etc.) It may need to be sieved to achieve this
- It may have a fine ‘textured’ quality as long as the bolus remains cohesive in the mouth
- It is moist
- Any fluid in or on the food is as thick as the purée itself
- There is no loose fluid that has separated off
- The texture is not sticky in the mouth
- It is not rubbery
- No garnish

**Breakfasts and Desserts**

- The texture of thick smooth porridge made from powder (purée porridge) with no loose fluids
- The texture of wheat-biscuit breakfast cereal fully softened with milk completely absorbed
- The texture of thick blancmange or mousse with no ‘bits’
- The texture of purée rice pudding
- There is no loose fluid
- There are no lumps
- Wheat-biscuit breakfast cereal has not fully softened
- Milk has not fully absorbed, leaving loose fluid

No ice cream or jelly unless advised as suitable by speech and language therapist on an individual basis.

**Check before serving/eating:**

- No hard pieces, crust or skin have formed during cooking/heating/standing
- Fluid/gravy/sauce/custard in or on the food has not thinned out or separated off

*Note – definition of ‘thick’ purée*

- Holds its shape on a plate or when scooped
- Can be eaten with a fork because it does not drop through the prongs
- The prongs of a fork make a clear pattern on the surface
- It can be piped, layered or moulded
- Cannot be poured. Does not ‘spread out’ if spilled
### Dysphagia Diet Food Texture Descriptors

#### Thick Purée Dysphagia Diet

### Checklist

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General description:

 ✓ Food is soft, tender and moist. Needs very little chewing
 ✓ It has been mashed up with a fork before serving (see additional points below)
 ✓ It usually requires a very thick, smooth (non-pouring) sauce, gravy or custard (see next point)
 ✗ Any fluid, gravy, sauce or custard in or on the food is very thick (*please see note below)
 ✗ No mixed (thick-thin) textures. No loose fluid
 ✗ No hard, tough, chewy, fibrous, stringy, dry, crispy, crunchy or crumbly bits
 ✗ No pips, seeds, pith/inside skin. No skins or outer shells e.g. on peas, grapes. No husks
 ✗ No skin, bone or gristle
 ✗ Noroundorlong-shapedfoodse.g.sausages,grapes,sweets. No hard chunks e.g. pieces of apple
 ✗ No sticky foods e.g. cheese chunks, marshmallows
 ✗ No ‘floppy’ foods e.g. lettuce, cucumber, uncooked baby spinach leaves
 ✗ No juicy food where juice separates off in the mouth to a mixed texture e.g. water melon

Check before serving/eating:

 ✗ No hard pieces, crust or skin have formed during cooking/heating/standing
 ✗ Fluid/gravy/sauce/custard in or on the food has not thinned out or separated off

*Note – definition of ‘very thick’ fluid

• Any fluid, gravy, sauce or custard in or on food must be very thick
• It holds its shape on a plate or when scooped, cannot be poured and does not ‘spread out’ if spilled
• Thinner single texture foods maybe suitable if a person is on thinner fluids – SLT to advise on an individual basis

In addition to the general description:

**Meat**
Must be finely minced – pieces approximately 2mms. No hard bits of mince.
Serve in a very thick, smooth (non-pouring) sauce or gravy.
If it cannot be finely minced it should be puréed (to Texture C)

**Fish**
Serve finely mashed and in a very thick, smooth (non-pouring) sauce or gravy.

**Fruit**
Serve mashed. Drain away any juice that has separated.

**Casserole/stew/curry**
Must be very thick.
Can contain meat, fish or vegetables if prepared as above and overleaf and are fully mixed in.

**Bread**
No bread unless assessed as suitable by SLT on an individual basis.

**Cereal**
The texture of very thick smooth porridge with no lumps.
Or the texture of fully softened wheat-biscuit breakfast cereal with milk fully absorbed.
Any milk/fluid must not separate off (i.e. no loose fluid/no mixed (thick – thin) textures.
Overall texture must be very thick. (because this is a single texture food it could be served thinner if a person is on thinner fluids – SLT to advise).

**Desserts**
The texture of very thick, smooth yogurt (no bits) or stewed apple in very thick custard.
Or the texture of soft sponge cake with smooth filling, fully softened by mashing and mixing in with very thick, smooth (non-pouring) custard.

Overall texture must be very thick. (If the texture of the dessert is single it could be served thinner if a person is on thinner fluids – SLT to advise).

No ice-cream or jelly if a person requires thickened fluids (because these can change to normal fluid thickness in the mouth).

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**Dysphagia Diet Food Texture Descriptors**

**Pre-Mashed Dysphagia Diet**

---

**SLT = Speech and Language Therapists**

**Texture D** products must be mashed by the manufacturer/originator prior to heating for service, i.e. it must be in a pre-mashed state when it reaches the client.
# Dysphagia Diet Food Texture Descriptors

## Pre-Mashed Dysphagia Diet

### Checklist

<table>
<thead>
<tr>
<th>Description</th>
<th>Pass</th>
<th>Fail</th>
<th>Borderline</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food is soft, tender and moist</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Needs very little chewing</td>
<td></td>
<td></td>
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<tr>
<td>It has been mashed up with a fork before serving</td>
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<tr>
<td>It has a very thick smooth (non-pouring) sauce, gravy or custard</td>
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<tr>
<td>Any fluid, gravy or custard in or on the food is very thick</td>
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<tr>
<td>No mixed (thick-thin) textures</td>
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<tr>
<td>No loose fluid</td>
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<tr>
<td>No hard, tough, chewy, fibrous, stringy, dry, crispy crunchy or crumbly bits</td>
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<tr>
<td>No pips, seeds, pith/inside skin</td>
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<tr>
<td>No skins or outer shells e.g. on peas, grapes</td>
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<tr>
<td>No husks</td>
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<td></td>
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<tr>
<td>No skin, bone or gristle</td>
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<tr>
<td>No round or long shaped foods e.g. sausages, grapes, sweets</td>
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<td>No hard chunks e.g. pieces of apple</td>
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<td>No sticky foods e.g. cheese chunks, marshmallows</td>
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<td>No ‘floppy’ foods e.g. lettuce, cucumber, uncooked baby spinach leaves</td>
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<tr>
<td>No juicy food where juice separates off in the mouth to a mixed texture e.g. water melon</td>
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<tr>
<td>No hard pieces or crusts have formed during cooking/ heating</td>
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<tr>
<td>Liquid/gravy/sauce/custard in or on the food, has not thinned out or separated off</td>
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</tbody>
</table>
### Texture Check

It must be in a pre-mashed state when it reaches the client

<table>
<thead>
<tr>
<th></th>
<th>Pass</th>
<th>Fail</th>
<th>Borderline</th>
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</thead>
<tbody>
<tr>
<td>Any fluid, gravy, sauce or custard in or on food must be very thick - it holds its shape on a plate or when scooped, cannot be poured and does not 'spread out' if spilled.</td>
<td></td>
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</tbody>
</table>

### Food Specific

#### Meat
- Is finely minced - pieces approximately 2mms
- No hard bits of mince
- Serve in a very thick, smooth (non-pouring) sauce or gravy
- If it cannot be finely minced it should be puréed (to texture C)

#### Fish
- Is finely mashed and in a very thick, smooth (non-pouring) sauce or gravy

#### Fruit
- Is served mashed
- Juice that has separated has been drained away

#### Casserole/Stew/Curry
- Is very thick
- Contains meat, fish or vegetables prepared as required for the texture

#### Cereal
- Is the texture of very thick smooth porridge with no lumps
- Or the texture of fully softened wheat-biscuit breakfast cereal with milk fully absorbed
- Any milk/fluid must not separate off (ie. no thin loose fluid/no mixed (thick-thin) textures
- Overall texture is very thick

#### Desserts
- The texture of thick smooth yogurt (no bits) or stewed apple in very thick custard
- Or texture of soft sponge cake with smooth filling, fully softened with very thick smooth custard
- Overall the texture must be very thick
DYSPHAGIA DIET FOOD TEXTURE DESCRIPTORS

Fork Mashable Dysphagia Diet

General description:

✓ Food is soft, tender and moist but needs some chewing
✓ It can be mashed with a fork
✓ It usually requires a thick, smooth sauce, gravy or custard (see next point)
✓ Any fluid, gravy, sauce or custard in or on the food is thick (*please see note below)
✗ No mixed (thick-thin) textures. No thin loose fluid
✗ No hard, tough, chewy, fibrous, stringy, dry, crispy, crunchy or crumbly bits
✗ No pips, seeds, pith/inside skin. No skins or outer shells, e.g. on peas, grapes. No husks
✗ No skin, bone or gristle
✗ No round or long-shaped foods, e.g. sausages, grapes, sweets. No hard chunks, e.g. pieces of apple
✗ No sticky foods e.g. cheese chunks, marshmallows
✗ No ‘floppy’ foods e.g. lettuce, cucumber, uncooked baby spinach leaves
✗ No juicy food where juice separates off in the mouth to a mixed texture, e.g. watermelon

Check before serving/eating:

✗ No hard pieces, crust or skin have formed during cooking/heating/standing
✗ Fluid/gravy/sauce/custard in or on the food has not thinned out or separated off

*Note – definition of ‘thick’ fluid

• Any fluid, gravy, sauce or custard in or on food must be thick – a light disposable plastic teaspoon would stand upright if the head were fully but just covered
• Those on Texture E must therefore be able to cope with thinner fluids – stage 2
• Thinner single texture foods maybe suitable if a person is on thinner fluids – SLT to advise on an individual basis

In addition to the general description:

Meat

Pieces of soft tender meat must be served no bigger than 15mms.
Or serve meat finely minced. No hard bits of mince. Serve in a thick smooth sauce or gravy.

For children

Specific guidance on the size of the food particles, especially meat-based on the child's swallowing skills, their age and their development level will be provided by a speech and language therapist following individual assessment.

Fish

Soft enough to break up into small pieces with a fork.
Serve in thick smooth sauce or gravy.

Fruit

Juicy fruit should be mashed – drain away any juice that has separated.

Casserole/stew/curry

Must be thick.
Can contain meat, fish or vegetables if prepared as above and overleaf and fully mixed in.

Bread

No bread unless assessed as suitable by SLT on an individual basis.

Cereal

The texture of thick smooth porridge with no hard lumps (soft tender lumps no bigger than 15mms are acceptable).

Or the texture of fully softened wheat-biscuit breakfast cereal with milk fully absorbed.

Any milk/liquid must not separate off (i.e. no thin loose fluid/no mixed (thick-thin) textures).

Overall texture must be thick. (Because this is a single texture food it could be served thinner if a person is on thinner fluids – SLT to advise).

Desserts

The texture of thick smooth yogurt (fork mashable or soft tender pieces of fruit no bigger than 15mms are acceptable) or stewed apple in thick custard.

Or texture of soft sponge cake with smooth filling, fully softened with thick smooth custard.

Overall texture must be thick. (If the texture of the dessert is single it could be served thinner if the person is on thinner fluids – SLT to advise).

No ice-cream or jelly if a person requires thickened fluids (because these can change to normal fluid thickness in the mouth).
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### Texture Check

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<tr>
<th>Description</th>
<th>Pass</th>
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</thead>
<tbody>
<tr>
<td>Mashed easily using a fork at point of service/consumption</td>
<td></td>
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<tr>
<td>Any fluid, gravy, sauce or custard in or on food must be thick - a light disposable plastic teaspoon stands upright when the head is fully but just covered</td>
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</tbody>
</table>
**Food Specific**

**Meat**

<table>
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<tr>
<th>Requirement</th>
<th>Pass</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Pieces of soft tender meat must be served no bigger than 15mms or serve meat finely minced</td>
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<td></td>
</tr>
<tr>
<td>No hard bits of mince</td>
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<tr>
<td>Serve in a thick, smooth sauce or gravy</td>
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</tbody>
</table>

**For Children**

Specific guidance on the size of the food particles, especially meat, based on the child’s swallowing skills, their age and their development level will be provided by a speech and language therapist following individual assessment.

**Fish**

<table>
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<tr>
<th>Requirement</th>
<th>Pass</th>
<th>Fail</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Is soft enough to break up into small pieces with a fork</td>
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</table>

**Fruit**

<table>
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<tr>
<th>Requirement</th>
<th>Pass</th>
<th>Fail</th>
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<tbody>
<tr>
<td>Juicy fruit is mashed</td>
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<tr>
<td>Juice that has separated has been drained off</td>
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</tbody>
</table>

**Casserole/Stew/Curry**

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Pass</th>
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</thead>
<tbody>
<tr>
<td>Is thick</td>
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<tr>
<td>Contains meat, fish or vegetables prepared as required for the texture</td>
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</tr>
<tr>
<td>Meat, fish or vegetables are fully mixed in</td>
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</tbody>
</table>

**Cereal**

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Pass</th>
<th>Fail</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Is the texture of thick smooth porridge with no hard lumps (soft tender lumps no bigger than 15mms are acceptable)</td>
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<td></td>
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<tr>
<td>Or the texture of fully softened wheat-biscuit breakfast cereal with milk fully absorbed</td>
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<td>Overall texture is thick</td>
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**Desserts**

<table>
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<tr>
<th>Requirement</th>
<th>Pass</th>
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<tr>
<td>The texture of thick smooth yogurt (fork mashable soft, tender pieces of fruit no bigger than 15mms are acceptable) or stewed apple in thick custard</td>
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<td>Or texture of soft sponge cake with smooth filling, fully softened with thick smooth custard</td>
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<td>Overall the texture must be thick</td>
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</table>
Recipes

Cheese and Tomato Pizza

Serves 5

Ingredients
275g Baked cheese scone
275g Homepride Tomato and Basil Sauce
5 Dairylea triangles
10ml Milk

Method for Descriptor C
1. Blend the scone to a fine crumb in the blender, add sauce and combine
2. Divide the mixture between five rings
3. Blend the Dairylea with the milk until smooth
4. Pipe on the top of the base, so it looks like grated cheese
5. Freeze to set
6. To serve
   Remove the ring and microwave until its hot

Fish Pie with Parsnip & Carrot Mash

Serves 2

Ingredients
125g Tinned tuna, drained
100g Homepride Creamy Tomato Sauce/Arrabiata
100g Carrots, cooked and puréed
100g Parsnips, cooked and puréed
100g Smash, made according to pack instructions
270ml Bisto Vegetable Bouillon
160ml Full fat Milk
Seasoning

Method
1. Combine tuna and Homepride sauce and purée until smooth. Season
2. Combine carrots, parsnips and potato. Season

Method for Descriptor C
For one portion
1. Place 200g tuna purée into mould and top with 150g vegetable mash
2. Freeze in mould
3. To serve, remove mold, defrost and regenerate to core temperature
4. Serve with puréed broccoli

Method for Descriptor B
1. Purée 125g tuna with 300g Homepride sauce and 270ml vegetable stock
2. For the vegetable purée, take 150g of carrot, parsnip and Smash combined and purée with 160ml full fat milk

Alternate suggestion
Substitute tuna for cooked white fish.
**Cottage Pie with Sweet Potato Mash**

Serves 7

**Ingredients**
- 1 tbsp Vegetable oil
- 1 Onion, chopped
- 1 Clove garlic, crushed
- 575g Minced beef
- 100g Peas
- 100g Carrots, small diced
- 200ml Made up Bisto Beef Gravy granules
- Seasoning

**Topping**
- 45g Smash
- 200ml boiling water
- 250g sweet potato, cooked and pureed
- 15g butter

**Method for Descriptor C**
1. Heat oil and fry onion and garlic for 2 – 3 minutes or until soft
2. Add meat and cook for 5 minutes or until tender, stirring occasionally
3. Add the carrots and Bisto, cover and simmer for 20 minutes. Add peas towards the end of cooking so they retain colour. Check the seasoning. Blend to a smooth purée
4. Meanwhile make up the Smash as per pack instructions, add the butter and the sweet potato and stir well to blend
5. Divide the meat mixture between the moulds and top with the potato mixture
6. Chill and then freeze the moulds
7. To serve, remove the moulds and regenerate cottage pie to core temperature

**Method for Descriptor B**
1. As per recipe and method above then refer to quantities below for descriptor B

**Quantities – per portion**
- 120g Meat
- 115ml Gravy
- 35g Made up Smash
- 35g Sweet potato
- 4 tbsp Milk

Combine the above to give the desired consistency

---

**Korma Curry**

Serves 2

**Ingredients**
- 1 tbsp Vegetable oil
- 1 Onion, chopped
- 120g Chicken, diced
- 180g Sweet potato, cut into small dices
- 210g Homepride Korma sauce

**Rice**
- 75g Ground Rice
- 1.5g Turmeric
- Pinch Salt
- 350ml Boiling water (can be fortified with stock instead of water)

**Method for Descriptor C**
1. Heat oil and cook onion for 2 – 3 minutes or until soft
2. Stir in chicken, sweet potato and korma sauce, simmer for 20 minutes or until sweet potato is soft. Purée until smooth
3. Meanwhile, purée the rice and stock until smooth
4. Divide the rice between two moulds and then top with the curry
5. To serve, remove the moulds and regenerate until core temperature is reached

**Rice**
1. Add the water/stock to a pan and bring to the boil
2. Gradually Whisk in the ground rice, turmeric and salt to the water
3. Reduce the heat and cook for 2 minutes, whisking constantly until thickened

**Method for Descriptor B (3 portions)**
1. Ingredients and method as per above but to reach desired consistency for descriptor B use the following ratios per portion:
   - 125g Curry puréed with 120ml chicken stock
   - 150g Cooked rice puréed with 220ml chicken stock

**Alternative suggestion**
Try rippling the rice with the curry using a fork. Try using Smash puréed with some spring onions instead of rice as an alternative.
Turkey Pasta with Spicy Tomato Sauce

Serves 3

Ingredients
10ml Vegetable oil
325g Turkey mince
300g Homepride Arrabiata Sauce
200g Cooked pasta twists
250ml Vegetable stock, low salt variety

Method
1. Heat oil in saucepan and fry turkey. When changed colour drain off excess fat
2. Add Homepride sauce and simmer for 15 minutes Cool and purée until smooth
3. Add stock to pasta and purée until smooth

Method for Descriptor C (1 portion)
1. Place 150g of the pasta purée into the mould and top with 200g of turkey and sauce mixture
2. To serve, remove from the mould, defrost and regenerate to core temperature
3. Serve with puréed peas or broccoli

Method for Descriptor B (1 portion)
1. Take 200g of turkey and sauce mix as above then add an additional 250g Homepride Arrabiata sauce and 250ml vegetable stock and purée until smooth. Take 150g of pasta purée from the method above and add 100ml vegetable stock. Purée until smooth.

Scones with Jam and Cream

Serves 2

Ingredients
2 6cm Plain scones made with McDougalls Scone mix
140g Single cream
2tbsp Seedless raspberry jam
1 scoop Thick and Easy
1tbsp ‘Squirty’ cream

Method for Descriptor C
1. Place the scones and cream into a food processor and blend until smooth
2. Place into small round moulds approximately 3cm diameter and freeze
3. To serve, defrost moulds
4. Thicken jam with Thick and Easy and pipe in a swirl over the scone
5. If desired pipe a small swirl of ‘squirty’ cream on top of the jam
**Double Chocolate Pudding**

To make one 25cm x 35cm cake (24 portions)

**Chocolate Sponge Ingredients**
- 1kg McDougalls Chocolate Muffin Mix
- 300ml Vegetable oil
- 260ml Water
- 8 Eggs (approx 360g)

**Method**
1. Place the McDougalls Chocolate Muffin Mix in a bowl fitted with a whisk.
2. Add the oil, water and egg in a single liquid addition and mix for 1 minute on slow speed. Scrape down then mix for a further 4 minutes on medium speed.
3. Finally mix on slow a speed for 1 minute.
4. Transfer to a greased and lined 25cm x 35cm tin. Bake at 185° C/gas mark 4.5 for approx 25 – 30 minutes.

**Angel Delight Ingredients:**
- 600g Dark Chocolate Angel Delight Mix
- 2lt Whole milk

**Method**
1. Pour the required amount of milk into a mixing bowl.
2. Add the Dark Chocolate Angel Delight mix and whisk for 30 seconds on slow speed. Scrape down and mix for a further two minutes on high speed.

**Ingredients & Method for Descriptor C**
(2 portions)
- 150g Made up chocolate sponge
- 130g Made up Angel Delight
- 20ml Whole milk
1. Blend above ingredients to a smooth purée.
2. Pipe into clear glasses or bowls.

**Ingredients & Method for Descriptor B**
(2 portions)
- 150g Made up chocolate sponge
- 130g Made up Angel Delight
- 100ml Whole milk
1. Blend the above ingredients to a smooth purée.
2. Serve in clear glasses or bowls.

---

**Spiced Somerset Apple Cake with Ambrosia Custard**

To make one 25cm x 35cm cake (8-10 portions)

**Ingredients**
- 675g McDougalls Plain Sponge Mix
- 325ml Water
- 225g Canned apple
- 25g Demerara sugar
- 5kg Mixed spice

**Method**
1. Place the McDougalls Plain Sponge Mix in a bowl fitted with a whisk.
2. Stir in the apples.
3. Transfer to a greased and lined 25cm x 35cm tin. Bake at 190° C/gas mark 5 for 20 – 25 minutes or until golden brown and firm to the touch.

**Ingredients & Method for Descriptor C**
(1 portion)
- 75g Somerset sponge
- 65g Ambrosia custard
- 2 tbsp Natural full fat yogurt
1. Blend above ingredients to a smooth purée.
2. Serve in clear glasses or bowls.

**Ingredients & Method for Descriptor B**
(1 portion)
- 75g Somerset sponge
- 65g Ambrosia custard
- 5 tbsp Full fat natural yoghurt
- 4 tbsp Full fat milk
1. Blend above ingredients to a smooth purée.
2. Serve in clear glasses or bowls.

---

**Spiced Somerset Apple Cake with Ambrosia Custard**

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- 75g Somerset sponge
- 65g Ambrosia custard
- 2 tbsp Natural full fat yogurt
1. Blend above ingredients to a smooth purée.
2. Serve in clear glasses or bowls.

**Ingredients & Method for Descriptor B**
(1 portion)
- 75g Somerset sponge
- 65g Ambrosia custard
- 5 tbsp Full fat natural yoghurt
- 4 tbsp Full fat milk
1. Blend above ingredients to a smooth purée.
2. Serve in clear glasses or bowls.
**Bird’s Custard with Bananas**

**Serves 2**

**Ingredients**
- 3 Bananas (approx 280g)
- 150g Bird’s Ready To Use Custard

**Method**
1. Purée the bananas and custard

**Method for Descriptor C**
1. Follow method above but add 2 scoops of Thick and Easy
2. Divide between two clear serving dishes

**Method for Descriptor B**
1. Add 120ml full cream milk and mix (do not add thick and easy)
2. Divide between 2 clear serving dishes

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**Ambrosia Rice Pudding with Peaches**

**Serves 3**

**Ingredients**
- 400g Ambrosia Rice Pudding
- 4 tbsp Thick and Easy
- 240g Peaches, drained weight
- 1 tbsp Thick and Easy

**Method for Descriptor C**
1. Purée the rice pudding until smooth then stir in the 4 tbsp Thick and Easy
2. Puree the peaches until smooth then stir in the 1 tbsp Thick and Easy
3. Layer the rice pudding and fruit into clear glass serving dishes

**Method for Descriptor B**
Follow method above but omit the Thick and Easy
Salmon & Cream Cheese Sandwich

Makes 15 finger sandwiches

Ingredients
300g Bread (using McD Bread & Roll mix) – crusts removed
900g Full fat milk
25g Vegi gel
1 x 212g Tin salmon (drained)
250g Full fat cream cheese
2 scoops Thick & Easy

Method for Descriptor C
1. Heat the milk to 90c with the bread and blend to a smooth puree. Add the vegi gel and cook out for 2 minutes. Immediately pour the mixture onto a tray lined with cling film. Smooth out the mixture and set on the tray.
2. Drain the salmon and combine with the cream cheese and blend to a smooth puree. Add the Thick & Easy and set aside for 5 minutes to rehydrate.
3. When the mix has thickened, transfer to a piping bag. When the bread mix is cold pipe the salmon mixture over half of the bread sheet. Fold the naked side over and cut into 15 finger sandwiches.

Moroccan Lamb Tagine with Cous Cous

Serves 12

Ingredients
1 tbsp Veg Oil
1200g Lamb Mince
200g Diced Onion
125g Chopped Dried Apricots
40g Tomato puree
10g Ground Cumin
500g Homepride Curry Sauce

Cous cous
300g Semolina
6g Ground Cumin
Pinch Salt
1400ml Boiling water (can be fortified with stock instead of water)

Method for Descriptor C
1. Heat oil and fry the onion (without colour) for 3-4 minutes
2. Add the mince and cook for 5 minutes until the mince has browned
3. Add the cumin, tomato puree and dried apricots
4. Pour in the Homepride curry sauce then cover and simmer for 1 hour until the meat is tender.
5. Blend to a smooth puree and check consistency

For the cous cous
1. Add the water/stock to a pan and bring to the boil
2. Gradually Whisk in the semolina, salt and cumin to the water
3. Reduce the heat and cook for 2 minutes, whisking constantly until thickened.

Serving suggestion
Top the semolina with the lamb and serve with thickened natural yoghurt.