

INSTANT FOOD THICKENER

Pureed Meat in Protein Molds

INGREDIENTS	SERVINGS:	3	6	9	12
Cooked and Diced Meat (Chicken, Pork, Beef)		1 Cup	2 Cups	3 Cups	4 Cups
Low Sodium Fat Free Chicken or Beef Broth		1/2 Cup	1 Cup	1 1/2 Cups	2 Cups
ReadyCare Instant Food Thickener		2T	4T	6T	1/2 Cup

DIRECTIONS

- Place cooked meat in food processor or blender and puree until meat is in cornmeal sized grains
- Add broth and puree until there are no chunks, lumps, or clumps visible.
- Remove from food processor/blender and place in bowl.
- Add ReadyCare Instant Food Thickener and mix thoroughly until the meat is thick enough to form into hamburger like patties.
- Spray appropriate mold with non-stick spray and then press the portion of meat into the mold. Freeze overnight.
- Once frozen, remove from plastic mold
- For conventional oven: Heat oven to 350°F. Place on tray sprayed with non-stick spray, or lined with parchment paper or aluminum foil. Cook for 30 minutes or until reaching internal temperature of 165°F.
For microwave oven: Cook for 2 minutes or until reaching internal temperature of 165°F.
For steamer: Line steamer with parchment paper or wax paper and steam until reaching internal temperature of 165°F.
- Once heated, use spatula to remove.
- If desired, garnish with gravy or Lyons Designer Dessert Sauces.



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Please follow the Food Safety Guidelines as directed by your regulatory authority.