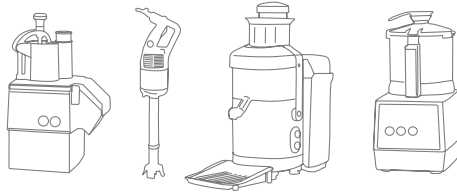


robot coupe[®]



Healthcare and Nutrition Solutions



Preface

This booklet is designed for health professionals and nutritionists looking for inspiration to provide elderly in Social Care, those with reduced eating capabilities and children in nurseries with tasty, balanced meals.

You will find both sweet and savoury seasonal recipes that can be used to produce texture-modified meals and finger food.

This is only a selection of recipes - the possibilities are endless!
Do not hesitate to contact us for further information.

Enjoy!

How to read a recipe page:

Raw products

Nutritional value of recipe

Different types of textures

Robot-Coupe products used

Chef's Tip

Vitamins of red cabbage and raw celeriac

Ingredients
Serves 20

- 800 g red cabbage
- 300 g celeriac
- 100 g French dressing (maitre d'hôtel)
- 40 g vegetable stock

For the finger food version:

- 50 g brown algae powder

Method

- Chop ingredients with pulse button.
- Run Blender continuously for 60 to 90 seconds, turning Blender™ arm regularly.
- Add vegetable stock and French dressing through lid.
- Taste and adjust seasoning.
- Serve shaped as quenelles or ramaquets or in waffles.
- Repeat with celeriac, adding a little mustard.
- For the finger food version, add 50 g brown algae powder. Spread on a tray and cook.
- Cut and Serve.

Nutrition Calories per person

↑ Calories 154 KJ (37 Kcal)	↑ Fat 2.3 g	↑ Calcium 343 mg
↑ Protein 1.5 g	↑ Sugar 2.8 g	↑ Vitamin C 27 mg

Raw products

Different types of textures

Robot-Coupe products used

Chef's Tip

For the celeriac, immersion can be used instead of French dressing to make celeriac remoulade.

ROBOT-COUPÉ

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	Blixer® / Juice extractors / Power Mixers / Vegetable preparation machine

Healthcare and Nutrition Solutions

The Facts

As life expectancy increases, so does the number of people with diet-related problems.

Dysphagia

Chewing and swallowing problems require texture-modified meals, either smooth and puréed or minced and moist.



Undernourishment

Nearly 50% of people who go into nursing homes are undernourished.

Enjoyable meals

Eating is at the very heart of the overall strategy of ageing gracefully.

It plays an essential role in the health of elderly people as food is the best medicine.

It is important that a person's diet corresponds to the nutritional needs. People over the age of 70 need 20% more calories than a thirty-year old due to their lower metabolic efficiency.

Special attention must be paid to the following:

- The taste and appearance of food, whatever its texture.
- The way in which food is presented by the catering and healthcare personnel.

The nutritional aim in the case of seniors is to **prevent undernourishment**.

Texture-modified foods

Improve the lives of your patients by offering flavoursome texture-modified meals. To avoid creating differences between residents, it is important for texture-modified foods to be as close as possible to the original texture in terms of presentation.

Adapt the texture to the resident's pathology:

NORMAL • ROUGHLY CHOPPED • FINELY CHOPPED • BLENDED

The importance of breakfast

Breakfast is a meal that must not be neglected !

It enables the body to recharge after a night's rest.

Make sure that there are no more than 12 hours between the last meal at night and breakfast next morning.



***NORMAL
TEXTURE***



***MODIFIED
TEXTURE***

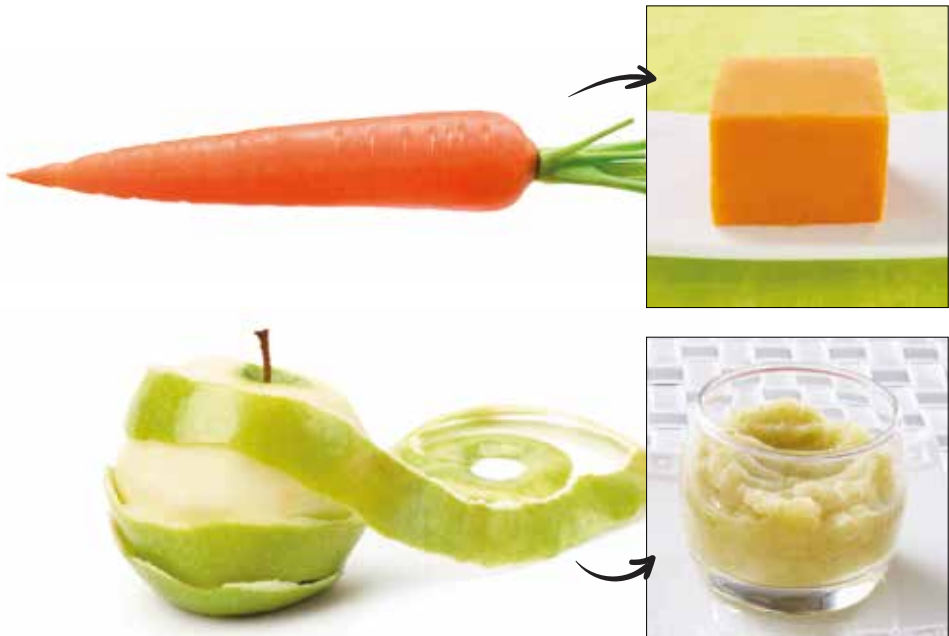
The importance of raw fruit and vegetables

It is essential that elderly people continue to eat fruit and vegetables:

- The source of many vitamins and minerals, they are essential for correct metabolism,
- They are also very rich in fibre to prevent intestinal problems and in pigments to combat cellular ageing,
- Their high water content means they help to cover the fluid-intake needs of the elderly who are at a greater risk of dehydration.

By eating raw fruits and vegetables, vitamins and micronutrients are preserved which optimises their nutritional qualities.

They are also highly appreciated by elderly who have eaten this type of food throughout their lives. What could be more delicious than raw carrots or apples in a texture-modified or juice version!



Finger foods to help elderly with degenerative brain diseases

DESCRIPTION

Finger foods correspond to a normal balanced texture-modified diet consisting of foods that can be eaten with the fingers and do not need to be cut up.



GOALS

Finger foods mean that cutlery can be eliminated, and patients can eat without help. The aim is to increase independence in people who have difficulty in using utensils by enabling them eat with their fingers.

In certain cases, patients with degenerative brain diseases may also have a short attention span and are not able to stay at the table long enough to eat a proper meal. The goal is also to make eating a pleasure again and give them the same food as the other people at their table.

THE MAIN CHALLENGE

It is essential to offer a balanced diet and prevent undernourishment.

Typical meals in a nursing home

BREAKFAST

Toast

**NORMAL
TEXTURE**



**MODIFIED
TEXTURE**



Page 36 **Tropical juice**



Page 48 **Raw apple compote**



LUNCH

STARTER **Freshness of raw carrots**
Page 10

**NORMAL
TEXTURE**



**MODIFIED
TEXTURE**

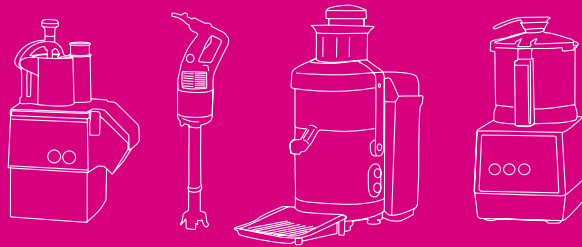


MAIN **Turkey sauté & ratatouille**
Page 26



DESSERT **Lemon meringue pie**
Page 40





AFTERNOON TEA

Page 34 **Boosting carrot
apple-lemon juice**



DINNER

STARTER Cauliflower and
Page 16 Romanesco soup

MAIN Fish fillets &
Page 32 radish quenelles

DESSERT Fruit salad
Page 46

**NORMAL
TEXTURE**

**MODIFIED
TEXTURE**



Cucumber and tomato salad



Ingredients

Serves 20

- 1,2 kg cucumber, half peeled, half unpeeled
- 600 g tomatoes
- 60 g echalions or shallots
- 100 g French dressing (vinaigrette)
- 80 g vegetable stock
- **For modified texture:**
- Corn starch thickener
- **For the finger food version:**
- 70 g brown algae powder

Method

For pureed texture, level 4

- Place tomatoes and shallots in bowl.
- Run Blixer® continuously for 60 to 90 seconds, turning Blixer® arm regularly.
- Add thickener
- Add vegetable stock and French dressing through lid.
- Taste and adjust seasoning.
- Pipe into verrines.
- Repeat the above, first with peeled cucumbers, then with unpeeled cucumbers.
- Pipe into shot glasses to form different layers.

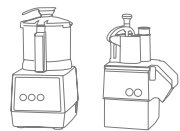
For finger food, texture 7E

- For the finger food version, add 70 g brown algae powder.
- Spread on a tray and cool.
- Cut and serve.



**Chef's
Tip**

You can use soft breadcrumbs as a thickener instead of corn starch to increase the nutritional value and improve the taste.



BLIXER

VEGETABLE
PREPARATION
MACHINES

Nutrition Calories per person

• **Calories**
149 Kj (35 Kcal)

• **Fat**
2,6 g

• **Calcium**
12 mg

• **Protein**
0,7 g

• **Sugar**
2,3 g

• **Vitamin C**
7 mg



REGULAR TEXTURE, Level 7



FINGER FOOD, Level 7E



PUREED TEXTURE, Level 4

Freshness of raw carrots



Ingredients

Serves 20

- 1,6 kg carrots
- 60 g orange juice or vegetable stock
- 100 g French dressing (vinaigrette)
- **For the finger food version:**
- 55 g brown algae powder

Method

- Place raw carrot chunks in bowl.
- Chop carrots using pulse button.
- Run Blixer® continuously for 60 to 90 seconds, turning Blixer® arm regularly.
- Add stock or orange juice and French dressing through lid.
- Taste and adjust seasoning
- Serve texture-modified carrot shaped as quenelles, ramekins or in verrines.
- **For the finger food version, add 55 g brown algae powder. Spread on a tray and cool.**
- **Cut and serve.**



**Chef's
Tip**

Add the French dressing right at the end to obtain a perfect emulsion.



BLIXER



VEGETABLE
PREPARATION
MACHINES

Nutrition Calories per person

• **Calories**
194 Kj (46 Kcal)

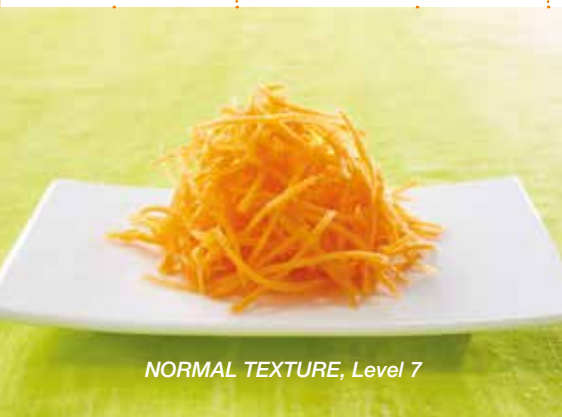
• **Fat**
2,3 g

• **Calcium**
25,5 mg

• **Protein**
0,7 g

• **Sugar**
5,6 g

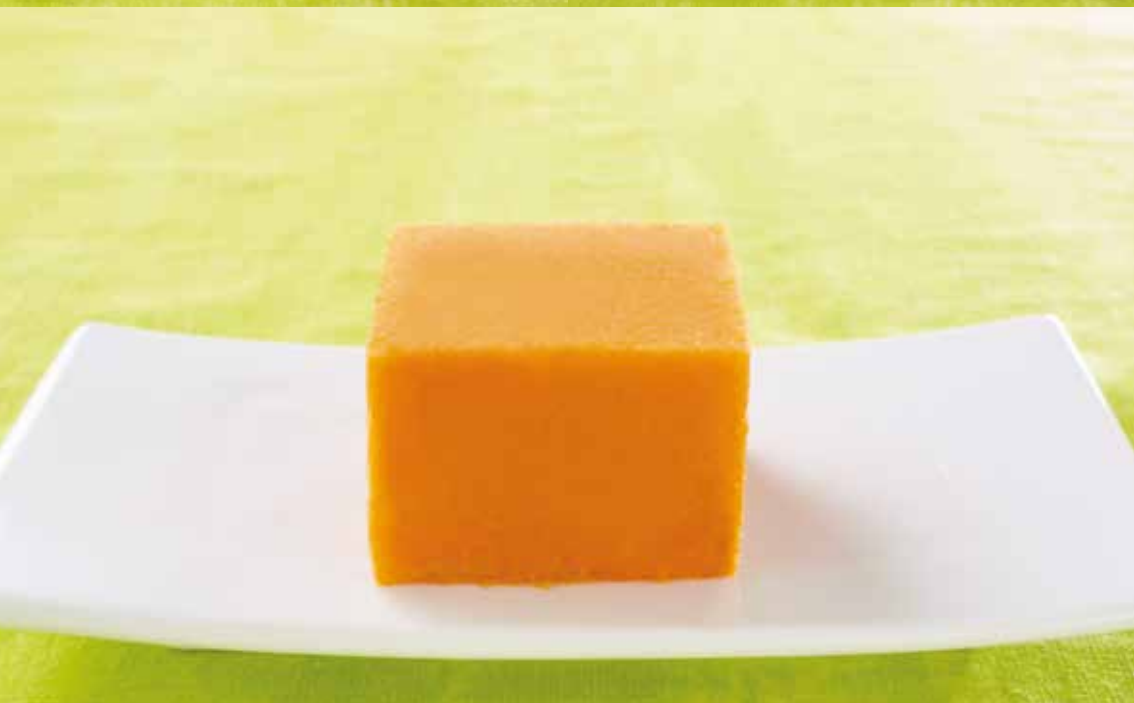
• **Vitamin C**
4,5 mg



NORMAL TEXTURE, Level 7



FINGER FOOD, Level 7E



MODIFIED TEXTURE, Level 5

Beetroot in vinaigrette and lettuce salad

Protein, calcium and vitamin D enriched recipe.

Ingredients

Serves 20

1st STEP

- 600g cooked beetroot
- 6 hard-boiled (hard-cooked) eggs
- 150 g cream cheese
- 40 g bread
- 80 g French dressing (vinaigrette)

2nd STEP:

- 300 g lettuce
- 200 g semi-skimmed milk
- 100 g cream cheese
- 100 g bread
- 100 g French dressing (vinaigrette)

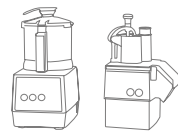


Method

- Place cooked beetroot, hard-boiled eggs, cream cheese and bread in Blixer®.
- Run Blixer® continuously for 60 to 90 seconds, turning Blixer® arm regularly.
- Add French dressing through lid. Taste and adjust seasoning
- Pipe into verrines.
- Put lamb's lettuce, milk, bread and cheese in Blixer®.
- Run Blixer® continuously for 60 to 90 seconds, turning Blixer® arm regularly. Add French dressing through lid. Taste and adjust seasoning.
- Pipe on top of beetroot preparation.



This recipe offers residents the opportunity to eat a mixed salad, which is not often included in texture-modified meals.



BLIXER

VEGETABLE
PREPARATION
MACHINES

Nutrition Calories per person

• **Calories**
449 Kj (107 Kcal)

• **Fat**
6,1 g

• **Calcium**
157 mg

• **Protein**
5,3 g

• **Sugar**
7,8 g



NORMAL TEXTURE, Level 7



MODIFIED TEXTURE, Level 4

Vitamins of red cabbage and raw celeriac



Ingredients

Serves 20

- 800 g red cabbage
- 800 g celeriac
- 100 g French dressing (vinaigrette)
- 60 g vegetable stock

For the finger food version:

- 55 g brown algae powder

Method

- Chop ingredients with pulse button.
 - Run Blixer® continuously for 60 to 90 seconds, turning Blixer® arm regularly.
 - Add vegetable stock and French dressing through lid.
 - Taste and adjust seasoning.
 - Serve shaped as quenelles or ramekins or in verrines.
 - Repeat with celeriac, adding a little mustard.
 - **For the finger food version, add 55 g brown algae powder. Spread on a tray and cool.**
- Cut and Serve.**



**Chef's
Tip**

For the celeriac, mayonnaise can be used instead of French dressing to make celeriac remoulade.



BLIXER



VEGETABLE
PREPARATION
MACHINES

Nutrition Calories per person

• **Calories**
154 Kj (37 Kcal)

• **Fat**
2,3 g

• **Calcium**
34,5 mg

• **Protein**
1,3 g

• **Sugar**
2,6 g

• **Vitamin C**
27 mg



NORMAL TEXTURE, Level 7



FINGER FOOD, Level 7E



MODIFIED TEXTURE, Level 4

Cauliflower and Romanesco soup



Ingredients

Serves 20

- 2 cauliflowers
- 2 Romanesco cauliflowers
- 4 sliced onions
- 10 garlic cloves
- 2 kg chicken stock
- Butter
- Salt, pepper

Method

- Detach florets from cauliflower and wash.
- Sweat sliced onion with butter and garlic cloves in a saucepan.
- Add cauliflower and cook without a lid. Do not brown.
- Blend using MP350 Ultra fitted with a blade, then thin with boiling-hot chicken stock. For Texture modified, level 4 pass through a sieve.



**Chef's
Tip**

You can serve the soup with a finger of salted whipped cream combined with spices (curry, nutmeg, etc.) or herbs (chives, parsley, coriander, etc.)



POWER
MIXERS

Nutrition Calories per person

- **Calories**

378,5 Kj (90,8 Kcal)

- **Fat**

4,8 g

- **Calcium**

56,1 mg

- **Protein**

4,4 g

- **Sugar**

5,5 g

- **Vitamin C**

96,2 mg



Pumpkin soup



Ingredients

Serves 20

- 1,6 kg pumpkin
- 6 onions
- 5 garlic cloves
- 100 g butter
- 2,4 kg white stock
- Sour cream

Method

- Cut skin off pumpkin, cut into pieces and sweat with 6 chopped onions and 5 peeled garlic cloves.
- Moisten with white stock, cover and cook for about 20 minutes.
- Blend using MP 350 Ultra and thin if necessary.
- For texture 4 pass through a sieve.



**Chef's
Tip**

You can add a spoonful of cream or pesto to the soup to make it tastier.



POWER
MIXERS

Nutrition Calories per person

- **Calories**

671,6 Kj (159,9 Kcal)

- **Fat**

12,6 g

- **Calcium**

50 mg

- **Protein**

2,6 g

- **Sugar**

8,7 g

- **Vitamin C**

9 mg



Beef Bourguignon



Ingredients

Serves 20

- 2,8 kg braising steak (stewing meat)
- 2.4 kg carrots
- 300 g onion
- 75 ml red wine
- 100 g butter
- 1 bouquet garni / Salt, pepper

For the finger food version:

- 50 g powdered egg white

Method

- Make beef bourguignon in the traditional way.

For pureed texture, level 4

- First put meat in Blixer®.
- Run Blixer® continuously for 60 to 90 seconds, turning Blixer® arm regularly.
- Add sauce if necessary to make a desired texture.
- Taste and adjust seasoning
- Keep warm.
- Do the same with sauce, ensuring all at correct texture, use desired thickener where needed.
- Plate meat using stainless steel rings and pipe vegetables. Pour sauce around preparation.

For finger food, texture 7E

- For the finger food version, take 1 kg of cooked meat and 900 g of sauce and vegetables and blend with 50 g of powdered egg white.



**Chef's
Tip**

Remember to add enough sauce to the meat to prevent it drying out in the oven before it is served.



Blixer

Nutrition Calories per person

- **Calories**

1 489 Kj (356 Kcal)

- **Calcium**

59 mg

- **Fat**

16 g

- **Protein**

43 g

- **Sugar**

9 g



REGULAR TEXTURE, Level 7



FINGER FOOD, Level 7E



PUREED TEXTURE, Level 4

Veal blanquette stew

Ingredients Serves 20

- 2,8 kg shoulder of veal
- 1 kg carrots
- 1 kg potatoes
- 2 sticks celery / 2 garlic cloves
- 2 sprigs thyme
- 1 bay leaf

Sauce:

- 30 ml sour cream
 - 2 egg yolks
 - Lemon juice
- For the finger food version:**
- 50 g powdered egg white

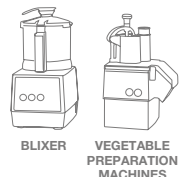


Method

- Make blanquette of veal in the traditional way.
- First put meat in Blixer®.
- Run Blixer® continuously for 60 to 90 seconds, turning Blixer® arm regularly.
- Add sauce to make a desired texture.
- Taste and adjust seasoning Keep warm.
- Do the same with sauce, ensuring all at correct texture, use desired thickener where needed.
- Make mashed potatoes with the CL 50 Mashed Potato Kit.
- Use a spoon to shape meat and vegetables into quenelles.
- Pour sauce around preparation.
- **For the finger food version, take 1 kg of cooked meat and 900 g of sauce and vegetables and blend with 50 g of powdered egg white.**



Process the mashed potatoes at maximum temperature on slow speed.



Nutrition Calories per person

- **Calories**

1 239,5 Kj (269,5 Kcal)

- **Fat**

14,5 g

- **Calcium**

53 mg

- **Protein**

28,6 g

- **Sugar**

12,7 g



NORMAL TEXTURE, Level 7



FINGER FOOD, Level 7E



MODIFIED TEXTURE, Level 4

Chicken fillet and macaroni delight



Ingredients

Serves 20

- 2,5 kg chicken fillets
- 1,6 kg macaroni
- 200 g egg whites

Method

- Cook chicken and macaroni in the traditional way.
- First put meat in Blixer®.
- Run Blixer® continuously for 60 to 90 seconds, turning Blixer® arm regularly.
- Add vegetable stock if necessary add sauce to make a desired texture.
- Taste and adjust seasoning Keep warm.
- Put macaroni in Blixer®.
- Run Blixer® continuously for 60 seconds, turning Blixer® arm regularly.
- Add egg whites to preparation.
- Spread on a tray and steam cook at 100°C for 15 minutes.
- Serve chicken using stainless steel rings and cut macaroni into slices. plating.



**Chef's
Tip**

Process the macaroni at maximum temperature on low speed and add very hot vegetable stock if necessary.



Nutrition Calories per person

- **Calories**

2 167 Kj (518 Kcal)

- **Calcium**

31 mg

- **Fat**

12,5 g

- **Protein**

39 g

- **Sugar**

58 g



NORMAL TEXTURE, Level 7



MODIFIED TEXTURE, Level 7E

Turkey sauté & ratatouille

Ingredients Serves 20

- 2,5 kg turkey
- 500 g bell peppers
- For ratatouille :
 - 1,5 kg tomatoes
 - 2 onions
- 1,5 kg courgettes
- For the finger food version
- 500 g aubergines
- 50 g powdered egg white



Method

- Cook turkey sauté and ratatouille in the traditional way.
- First put meat in Blixer®.
- Run Blixer® continuously for 60 to 90 seconds, turning Blixer® arm regularly.
- Add sauce if necessary to make a desired texture.
- Taste and adjust seasoning. Keep warm.
- Pour ratatouille into Blixer®.
- Run Blixer® continuously for 60 seconds, turning Blixer® arm regularly.
- Fill stainless steel rings with a layer of turkey followed by a layer of ratatouille.
- Add thickened cooking juice around presentation.
- For the finger food version, take 1 kg of cooked meat and 900 g of sauce and vegetables and blend with 50 g of powdered egg white.



**Chef's
Tip**

Drain the ratatouille sufficiently to obtain the right texture!



BLIXER



VEGETABLE
PREPARATION
MACHINES

Nutrition Calories per person

- **Calories**

1 197 Kj (286 Kcal)

- **Protein**

39 g

- **Fat**

11,5 g

- **Sugar**

5,5 g

- **Calcium**

51 mg



NORMAL TEXTURE, Level 7



FINGER FOOD, Level 7E



MODIFIED TEXTURE, Level 4

Steak and potato gratin

Ingredients *Serves 20*

- 2,5 kg steak
- 3,5 kg potatoes
- 125 cl milk
- 100 cl liquid cream
- Nutmeg
- 6 garlic cloves
- 400 g egg whites
- Salt, pepper

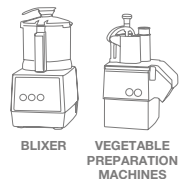


Method

- Cook steak and potatoes gratin in the traditional way.
- First put meat in Blixer®.
- Run Blixer® continuously for 60 to 90 seconds, turning Blixer® arm regularly.
- Add vegetable stock if necessary to make a desired texture.
- Taste and adjust seasoning. Keep warm.
- Pour potatoes gratin into Blixer®.
- Run Blixer® continuously for 60 seconds, turning Blixer® arm regularly.
- Plate steaks.



Potatoes should not be too floury.



Nutrition Calories per person

- **Calories**

2 495 Kj (597 Kcal)

- **Calcium**

130 mg

- **Fat**

36 g

- **Protein**

33 g

- **Sugar**

36 g



NORMAL TEXTURE, Level 7



MODIFIED TEXTURE, Level 4

Steamed salmon, beurre blanc & Brussel sprouts with bacon

Ingredients Serves 20

- 2 kg fresh salmon
- 200 g cream cheese
- 50 g semi-skimmed milk
- 300 g egg whites
- 4 kg Brussel sprouts
- 200 g smoked bacon

For beurre blanc sauce:

- 200 ml dry white wine
- 100 g echalions or shallots
- 400 g butter



Method

- Cook recipe in traditional way

For pureed texture, level 4

- For salmon, blend trimmed cooked salmon fillets with cream cheese for 60 to 90 seconds, turning Blixer® arm regularly.
- Season.
- Add milk to make a smooth mixture and correct seasoning.
- For sauce, mix beurre blanc in Blixer®.
- For garnishing, mix Brussel sprouts and bacon with cream cheese for 60 to 90 seconds, turning Blixer® arm regularly.
- Plate up

For soft and bite-sized texture, level 6

- For salmon, pulse trimmed cooked salmon fillets with cream cheese for 30 to 60 seconds, turning Blixer® arm regularly.
- Season.
- For sauce, mix beurre blanc in Blixer®.
- For garnishing, mix Brussel sprouts and bacon pieces with cream Cheese for 30 to 60 seconds, turning Blixer® arm regularly.
- Plate up



To vary the flavour, add 10% smoked salmon.



Nutrition Calories per person

- **Calories**

1 822 Kj (436 Kcal)

- **Fat**

32 g

- **Calcium**

206 mg

- **Protein**

30 g

- **Sugar**

8 g



REGULAR TEXTURE, Level 7E



SOFT AND BITE SIZED, Level 6



PUREED TEXTURE, Level 4

Fish fillets & radish quenelles



Ingredients

Serves 20

- 3 kg white fish fillets
- 1,5 kg radishes
- 1,5 kg raw beetroot
- For Pesto Sauce:
 - 5 garlic cloves
 - 2 bunches basil
 - 300 g Parmesan cheese
 - ½ litre olive oil

Method

- Cook ingredients in traditional way
- First put fish in Blixer®.
- Run Blixer® continuously for 60 to 90 minutes, turning Blixer® arm regularly.
- Add vegetable stock if necessary to make a desired texture.
- Taste and adjust seasoning Keep warm.
- Proceed in the same way for the cooked beetroot and radishes.
- Shape the vegetables into quenelles (fingers) place fish in stainless steel rings.



The cooked beetroot and cooked radishes in this recipe give it an original presentation and flavour.



Nutrition Calories per person

- **Calories**

1 856 Kj (444 Kcal)

- **Fat**

30,5 g

- **Calcium**

240 mg

- **Protein**

35 g

- **Sugar**

7 g



NORMAL TEXTURE, Level 7



MODIFIED TEXTURE, Level 4

Boosting carrot-apple-lemon juice



Ingredients

For 20 glasses (about 25 cl)

- 4 kg carrots
- 4 kg apples
- 3 lemons
- 48 g xanthan gum and ascorbic acid powder

Method

- Peel lemons.
- No need to peel carrots, just wash and brush.
- Process carrots, apples and lemons through J 80 Ultra extractor.
- To prevent oxidising and phase separation after preparing the juice, you can use 48 g xanthan gum and ascorbic acid powder.
- Mix well and serve.



**Chef's
Tip**

With the Robot-Coupe juice extractor, medium-size apples do not need to be cut up. Use Golden Delicious apples if possible, as they are the juiciest.



JUICE
EXTRACTORS

Nutrition Calories per person

- **Calories**

740,4 Kj (175 Kcal)

- **Fat**

1,1 g

- **Calcium**

76,9 mg

- **Protein**

2,1 g

- **Sugar**

36,3 g

- **Vitamin C**

28 mg



Tropical juice



Ingredients

For 20 glasses (about 25 cl)

- 5 kg pineapple
- 5 kg oranges
- 48 g xanthan gum and ascorbic acid powder

Method

- Peel oranges.
- Process through J80 Ultra juice extractor without cutting up.
- Peel pineapple, cut into quarters and process through juice extractor.
- To prevent oxidising and phase separation after preparing the juice, you can use 48 g xanthan gum and ascorbic acid powder.
- Mix well and serve.



Peel citrus fruit to prevent sourness. You can process whole fruits without cutting up



Nutrition Calories per person

- **Calories**

639 Kj (151,1 Kcal)

- **Fat**

0,8 g

- **Calcium**

76,8 mg

- **Protein**

2,4 g

- **Sugar**

29 g

- **Vitamin C**

140,1 mg



Green vitamin juice



Ingredients

For 20 glasses (about 25 cl)

- 3 kg Granny Smith apples
- 3 kg pears
- 3 kg kiwi fruit
- 48 g xanthan gum and ascorbic acid powder

Method

- Peel kiwi fruit.
- Process whole apples and pears and peeled kiwi fruit through J 80 Ultra juice extractor.
- To prevent oxidising and phase separation after preparing the juice, you can use 48 g xanthan gum and ascorbic acid powder.
- Mix well and serve.



Whole fruit can be used without cutting up.



Nutrition Calories per person

- **Calories**

991,3 Kj (2,9 Kcal)

- **Fat**

2,2 g

- **Calcium**

59 mg

- **Protein**

2,9 g

- **Sugar**

46,4 g

- **Vitamin C**

155,4 mg



Lemon meringue pie



Ingredients

Serves 20

Lemon filling :

- 12 lemons
- 450 g sugar
- 9 eggs
- 200 g butter

For meringue :

- 200 g egg whites
- 300 g sugar

For pastry base:

- 600 g shortcrust pastry
- For the finger food version:
• 8 gr agar agar for lemon filling

Method

- Make the lemon meringue pie in the traditional way.

For pureed texture, level 4

- First put pastry in Blixer®.
- Run Blixer® continuously for 60 to 90 seconds, turning Blixer® arm regularly.
- Add light syrup if necessary to make a desired texture.
- Place the pastry in verrines.
- Add lemon filling and then pipe meringue on top, using a fluted nozzle.

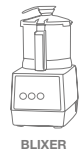
For finger food, texture 7

- For the finger food version, blend 8 g agar agar with hot lemon filling in Blixer®.
- Spread on a tray, cool and plate.

Brush with maple or syrup for “natural colouring”



Lemon aficionados will appreciate the addition of a little kaffir lime zest, or chopped lemony melissa. The flavour will be stronger.



Nutrition Calories per person

- **Calories**

2 310 Kj (552 Kcal)

- **Fat**

21,6 g

- **Calcium**

37 mg

- **Protein**

8,2 g

- **Sugar**

77 g



REGULAR TEXTURE, Level 7



FINGER FOOD, Level 7E



PUREED TEXTURE, Level 4

Tarte Tatin

(upside-down apple pie)



Ingredients

Serves 20

For cake:

- 600 g shortcrust pastry
- 3 kg apples
- 100 g sugar
- Milk

For caramel:

- 300 g brown sugar
- A little water

Method

- Prepare upside-down pie in traditional way.
- First put cake dough in Blixer®.
- Run Blixer® for 60 to 90 seconds, turning Blixer® arm regularly.
- Add a little milk if necessary to make a desired texture.
Set aside.
- Do the same with apples.
- Spoon out dough and use a piping bag for apples.



**Chef's
Tip**

You can vary the flavour by using pears, quinces or figs instead of apples.



BLIXER

Nutrition

Calories per person

- **Calories**

1 153 Kj (276 Kcal)

- **Fat**

7 g

- **Calcium**

9,5 mg

- **Protein**

2,5 g

- **Sugar**

50 g



NORMAL TEXTURE, Level 7



MODIFIED TEXTURE, Level 4

Pear & almond soufflé



Ingredients

Serves 20

- 1,25 kg almonds
- 1,25 kg icing sugar
- 1,25 kg plain flour
- 500 g butter
- 20 eggs
- 10 pears
- 50 cl water

Method

- Make soufflé in the traditional way.
- First put cooked mixture in Blixer®.
- Run Blixer® continuously for 60 seconds, turning Blixer® arm regularly. Set aside.
- Do the same with pears.
- Run Blixer® continuously for 30 seconds, turning Blixer® arm regularly. Set aside.
- Pipe into verrines.
- First add the egg mixture then the blended pears.



**Chef's
Tip**

You can intensify the flavour by adding a little almond essence or barley syrup.



Nutrition Calories per person

- **Calories**

4 759 Kj (1 138,5 Kcal)

- **Fat**

59 g

- **Calcium**

210 mg

- **Protein**

28 g

- **Sugar**

120 g



NORMAL TEXTURE, Level 7



MODIFIED TEXTURE, Level 4

Fruit salad

Ingredients Serves 20

- 8 Granny Smith apples
- 8 kiwi fruit
- 2 limes
- 5 bananas
- 10 oranges
- 10 peaches
- 180 g sugar
- 1 vanilla bean
- Lemon zest
- Basil leaves
- 70 g alginate and calcium powder



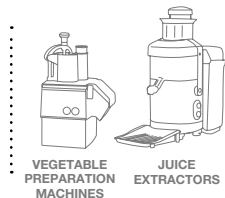
Method

- Pour 100 cl water into a saucepan and add sugar. Bring to the boil and add vanilla bean split lengthways, eight snipped basil leaves and lemon zest. Reduce to half.
- Wash and peel apples, bananas, kiwis, oranges and peaches and sprinkle quickly with lemon juice.
- Dice kiwi fruit, peaches and apples with 10x10x10 mm dicer on CL 50. Slice bananas with 3 mm slicing disc. Cut oranges into quarters then into pieces.
- Arrange all the fruit in a sundae dish.
- Cover with warm syrup and macerate for 30 minutes in refrigerator.
- For the texture-modified version, blend each ingredient separately in Blixer®, adding 14 g alginate and calcium powder to each ingredient.



**Chef's
Tip**

Grind on fresh pepper and decorate with remaining basil leaves if applicable.



Nutrition Calories per person

- **Calories**

356,8 Kj (84,3 Kcal)

- **Protein**

0,9 g

- **Fat**

0,4 g

- **Sugar**

18 g

- **Calcium**

15,6 mg

- **Vitamin C**

4,5 mg



NORMAL TEXTURE, Level 7



MODIFIED TEXTURE, Level 6

Raw apple compote



Ingredients

Serves 20

- 1 kg red apples
- 1 kg green apples
- 20 g xanthan gum and ascorbic acid powder
- **For the finger food version:**
- **Add 70 g alginate and calcium powder**

Method

- Place unpeeled green apple chunks in bowl.
- Chop apple using pulse button.
- Run Blixer® continuously for 60 to 90 seconds, turning Blixer® arm regularly.
- Add xanthan gum and ascorbic acid powder to stop the compote going brown and oxidising.
- Spoon into verrines or transparent ramekins.
- Do the same with red apple.
- **For the finger food version, add 70 g of alginate and calcium powder.**
- Spread on a tray, refrigerate for one hour, cut and serve.



**Chef's
Tip**

You can add a little cinnamon, liquorice or ginger.
You can replace the ascorbic acid with lemon juice to prevent the fruit from going brown.



Nutrition Calories per person

• **Calories**
189 Kj (45 Kcal)

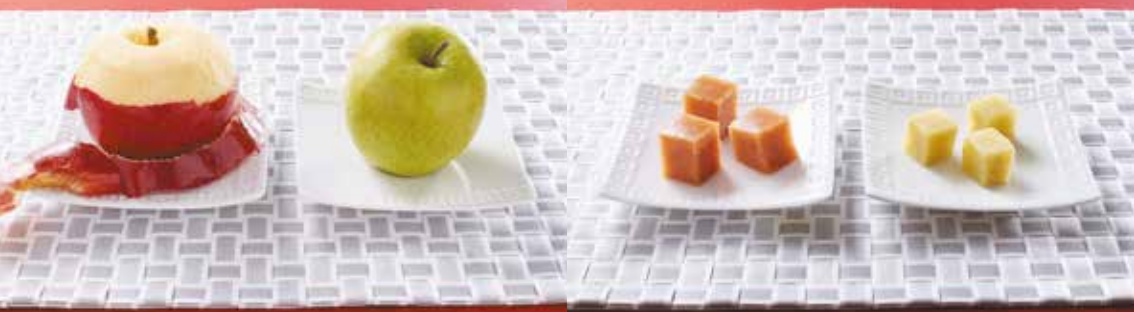
• **Protein**
0,2 g

• **Fat**
0,2 g

• **Sugar**
10 g

• **Calcium**
2,5 mg

• **Vitamin C**
4,5 mg



NORMAL TEXTURE, Level 7

FINGER FOOD, Level 7E



MODIFIED TEXTURE, Level 4

Robot-Coupe products

Blixer®

What is the best solution for texture-modified meals?



The range of 21 Blixers® is the perfect way to make texture-modified meals that include several courses - starters, main course, cheese, dessert, whether raw or cooked, for optimal nutritional intake, especially vitamins.

The Blixer® is a time-saver for the Chef, who can make the same meal for everyone as each different course can be offered in texture-modified form as needed.

The Pros⁺⁺⁺

of Robot-Coupe Blixer®

- + **Great for textures 3, 4 and 5** (IDDSI classification)
- + **All types of textures are possible:** roughly chopped, finely chopped, ground, blended, etc. depending on the person's pathology.
- + **A high-quality, refined result:**
 - Blixer® arm and lid for perfect homogeneity.
 - 3000 rpm speed for a super-fine result.
 - Micro-serrated stainless steel blade



Juice Extractors

How to benefit from all the advantages of ultra-fresh juices in just a few moments?



Robot-Coupe J80 Ultra and J 100 Ultra juice extractors, with their automatic hopper, produce ultra-fresh vegetable and fruit juices in just a few seconds.

Everyone can benefit from the vitamins and nutrients of fruit and vegetables.

The Pros⁺⁺⁺

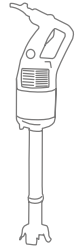
of Robot-Coupe Juice Extractors

- + **Allows better daily hydration**
- + **Adds more vitamins to the menu**
- + **A personal touch:**
 - Juices prepared and served in the dining room in front of residents.
 - Possibility of making different juices to suit individual tastes.



Power Mixers

How to make soups based on fresh, nutritional, appetizing products?



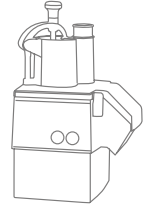
The range of 22 sturdy, powerful mixers turns seasonal vegetables into fresh, creamy, delicious soups to delight your guests.

The Pros⁺⁺⁺ of Robot-Coupe Power Mixers

- + **Cost control of raw materials.**
- + **Seasonal vegetable soups all year round.**
- + **Food keeps its organoleptic properties.**
- + **Adds more fibre to the diet**
- + **Perfect hygiene** with a completely dismountable foot and blade for easy cleaning and maintenance
- + **Sturdy**, with an all stainless steel bell.
- + **Highly efficient mixers** with ultra high-speed blending.



Vegetable Preparation Machines



How to present fruit and vegetables in a simple yet original way?

With the vegetable preparation machines, fruit and vegetables can be cut in more than 53 types of innovative, novel ways.

You can slice, grate, dice and chop, cut into brunoise and make waffle cuts.

The Chef can thus create new appetising, varied presentations with greater efficiency.

The Pros⁺⁺⁺

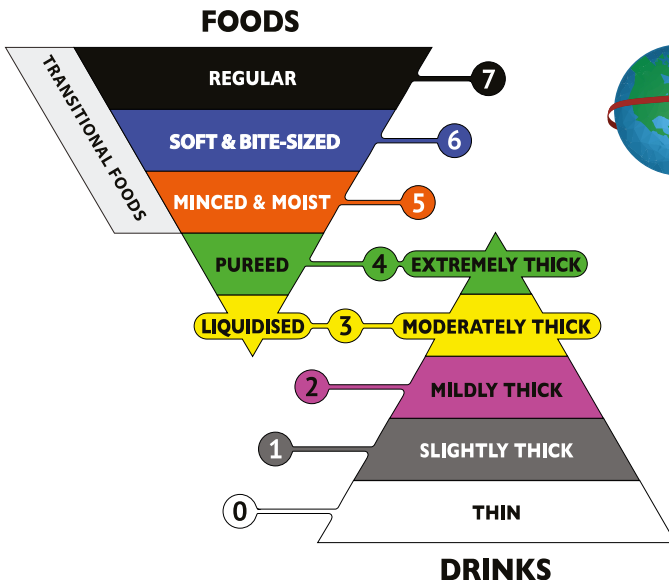
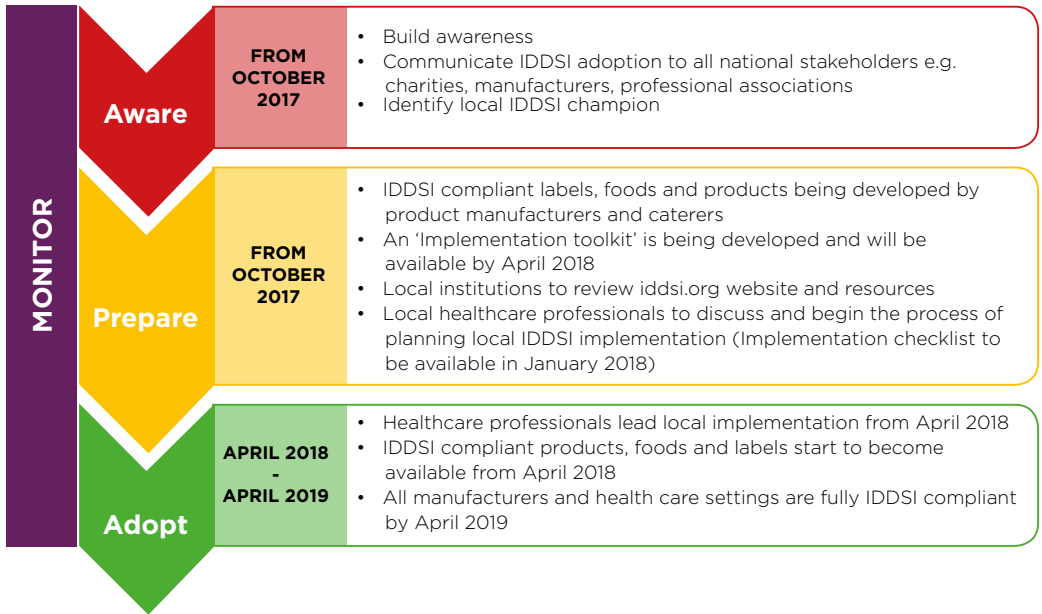
of Robot-Coupe Vegetable Preparation Machines

- + **Great for textures 6 and 7** (IDDSI classification)
- + **Seasonal fruit and vegetables all year round.**
- + **Endless cutting possibilities:** More than 53 different discs available.
- + **Exceptional cutting quality** even for trickier products such as mushrooms
- + **Reliable, powerful and sturdy machines**





United Kingdom Adoption of IDDSI



Notes

A series of horizontal dotted lines for writing notes.

robot coupe[®]



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