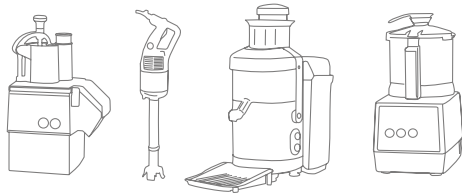


robot coupe[®]



Healthcare and Nutrition Solutions



Preface

This booklet is designed for health professionals and nutritionists looking for inspiration to provide elderly in medico social establishments, disabled people in special education centers 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 foods.

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 - Points to the raw ingredients (red cabbage and celery) shown in the recipe image.

Chef's Tip - Points to the tip: "For the celery, you can use instead of orange to make celery cannelloni." and the Robot-Coupe logo.

Nutritional value of recipe - Points to the Nutrition table:

Nutrition		Calories per person	
↑ Calories	154 KJ (37 Kcal)	↑ Fat	2.3 g
↑ Protein	1.3 g	↑ Sugar	2.6 g
↑ Calcium	343 mg	↑ Vitamin C	27 mg

Different types of textures - Points to the three images showing 'NORMAL TEXTURE', 'FINGER FOOD', and 'MODIFIED TEXTURE'.

Robot-Coupe products used - Points to the Robot-Coupe logo at the bottom of the recipe page.

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	Blixer® / Juice extractors / Stick Blenders / 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 flavorsome 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***

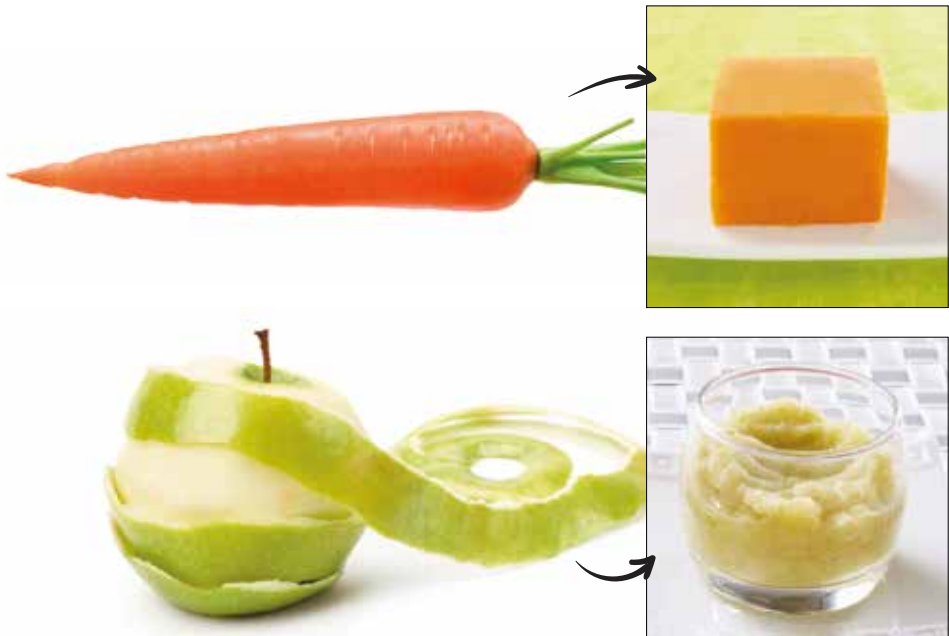
The importance of raw fruit and vegetables

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 fiber to prevent intestinal problems and in pigments to combat cellular ageing.
- Their high water content of product helps 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.

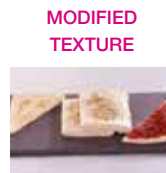
THE MAIN CHALLENGE

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

Typical meals in a nursing home

BREAKFAST

Toast



Page 36 **Tropical juice**



Page 48 **Raw apple compote**



LUNCH

STARTER **Freshness of raw carrots**
Page 10

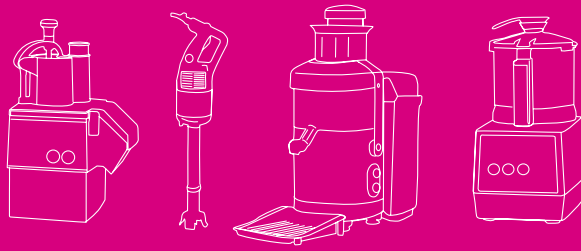


MAIN **Turkey sauté & ratatouille**
Page 26



DESSERT **Lemon meringue pie**
Page 40





AFTERNOON REFRESHMENT

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



DINNER

STARTER **Cauliflower and broccoli soup**
Page 16

**NORMAL
TEXTURE**

**MODIFIED
TEXTURE**



MAIN **Fish fillets & radish quenelles**
Page 32



DESSERT **Fruit salad**
Page 46



Cucumber and tomato salad



Ingredients

Serves 20

- 1.2 kg cucumber, half peeled, half unpeeled
- 600 g tomatoes
- 60 g shallots
- 100 g 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 clockwise.
- Add thickener
- Add vegetable stock and vinaigrette through lid.
- Taste and adjust seasoning.
- Pipe into glasses.
- Repeat the above, first with peeled cucumbers, then with unpeeled cucumbers.
- Pipe into shot glasses to form different layers.

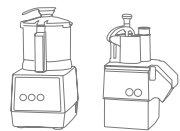
For finger food, texture 7

- 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



FINGER FOOD



PUREED TEXTURE, Level 4

Freshness of raw carrots



Ingredients

Serves 20

- 1.6 kg carrots
- 60 g orange juice or vegetable stock
- 100 g Vinaigrette
- **For the finger food version:**
- 55 g brown algae powder

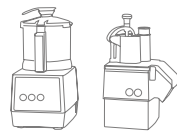
Method

- Place raw carrot chunks in bowl.
- Chop carrots using pulse button.
- Run Blixer® continuously for 60 to 90 seconds, turning Blixer® arm clockwise.
- Add stock or orange juice and vinaigrette 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 vinaigrette 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

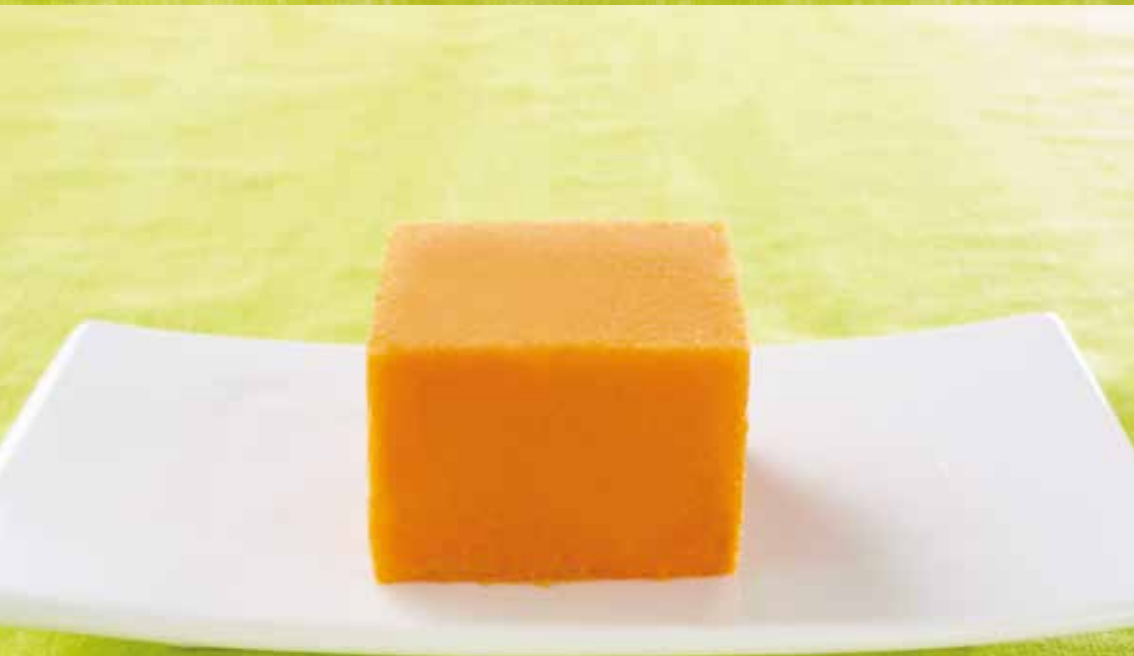
• **Vitamin C**
4.5 mg



NORMAL TEXTURE



FINGER FOOD



MODIFIED TEXTURE

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 Vinaigrette

2nd STEP:

- 300 g lettuce
- 200 g semi-skimmed milk
- 100 g cream cheese
- 100 g bread
- 100 g Vinaigrette

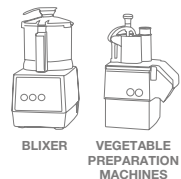


Method

- Place cooked beetroot, hard-boiled eggs, cream cheese and bread in Blixer®.
- Run Blixer® continuously for 60 to 90 seconds, turning Blixer® arm clockwise.
- Add vinaigrette lid. Taste and adjust seasoning
- Pipe into glasses.
- Put lamb's lettuce, milk, bread and cheese in Blixer®.
- Run Blixer® continuously for 60 to 90 seconds, turning Blixer® arm clockwise. Add vinaigrette 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.



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



MODIFIED TEXTURE

Vitamins of red cabbage and raw celery



Ingredients

Serves 20

- 800 g red cabbage
- 800 g celery
- 100 g 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 clockwise.
 - Add vegetable stock and vinaigrette 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 celery, mayonnaise can be used instead of vinaigrette to make celery 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



FINGER FOOD



MODIFIED TEXTURE

Cauliflower and Broccoli soup



Ingredients

Serves 20

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

Method

- Detach florets from cauliflower and broccoli, then wash.
- Sweat sliced onion with butter and garlic cloves in a saucepan.
- Add cauliflower and broccoli and cook without a lid. Do not brown.
- Blend using MP350 Ultra fitted with a blade, and thin with hot chicken stock. Adjust seasoning.



**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.)



STICK
BLENDERS

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



MODIFIED TEXTURE

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 snipped 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.
- Season and serve.



**Chef's
Tip**

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



STICK
BLENDERS

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



MODIFIED TEXTURE

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 clockwise.
- Add sauce if necessary to obtain an elastic texture.
- Taste and adjust seasoning
- Keep warm.
- Do the same with carrots.
- Plate meat using stainless steel rings and pipe vegetables. Pour sauce around preparation.

For finger food, texture 7

- 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



FINGER FOOD



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

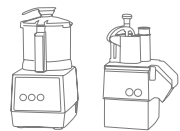


Method

- Make blanquette of veal in the traditional way.
- First put meat in Blixer®.
- Run Blixer® continuously for 60 to 90 seconds, turning Blixer® arm clockwise.
- Add sauce to obtain an elastic texture.
- Taste and adjust seasoning Keep warm.
- Do the same with carrots.
- 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.



BLIXER

VEGETABLE
PREPARATION
MACHINES

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



FINGER FOOD



MODIFIED TEXTURE

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 clockwise.
- Add vegetable stock if necessary to obtain an elastic texture.
- Taste and adjust seasoning Keep warm.
- Put cooked macaroni in Blixer®.
- Run Blixer® continuously for 60 seconds, turning Blixer® arm clockwise.
- 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.
- Add cooking juice around presentation.



**Chef's
Tip**

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



BLIXER

Nutrition Calories per person

- **Calories**

2 167 Kj (518 Kcal)

- **Calcium**

31 mg

- **Fat**

12.5 g

- **Protein**

39 g

- **Sugar**

58 g



Turkey sauté & ratatouille

Ingredients Serves 20

- 2.5 kg de turkey
- 500 g bell peppers
- For ratatouille :
 - 1.5 kg tomatoes
 - 2 onions
 - 1.5 kg zucchini
 - For the finger food version
 - 50 g powdered egg white
- 500 g eggplant
- 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 clockwise.
- Add sauce if necessary to obtain an elastic texture.
- Taste and adjust seasoning. Keep warm.
- Pour ratatouille into Blixer®.
- Run Blixer® continuously for 60 seconds, turning Blixer® arm clockwise.
- Fill stainless steel rings with a layer of turkey followed by a layer of ratatouille.
- Add 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



FINGER FOOD



MODIFIED TEXTURE

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

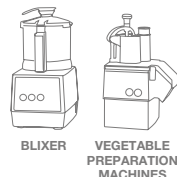


Method

- 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 clockwise.
- Add vegetable stock if necessary to obtain an elastic texture.
- Taste and adjust seasoning Keep warm.
- Pour potatoes gratin into Blixer®.
- Run Blixer® continuously for 60 seconds, turning Blixer® arm clockwise.
- Add egg whites to preparation.
- Spread on oven tray and steam cook for 15 minutes at 100°C.
- Plate steaks.
- Add sauce around presentation and grate nutmeg on top of gratin if applicable.



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



MODIFIED TEXTURE

Steamed salmon, beurre blanc & Brussels 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 Brussels sprouts
- 200 g smoked bacon

For beurre blanc sauce:

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

Method

- Cook recipe in traditional way

For pureed texture, level 4

- For salmon, blend trimmed salmon fillets with cream cheese for 60 to 90 seconds, turning Blixer® arm clockwise.
- Season.
- Add milk to make a smooth mixture and correct seasoning.
- Add egg whites.
- Pour into greased ramekins allowing 100 g per portion.
- Cover and cook in steam oven at 95°C for about 10 minutes.
- For sauce, mix beurre blanc in Blixer®.
- For garnishing, mix Brussels sprouts and cooked bacon with cream cheese for 60 to 90 seconds, turning Blixer® arm clockwise.
- Turn fish out to plate.



For soft and bite-sized texture, level 6

- For salmon, blend trimmed salmon fillets with cream cheese for 30 to 60 seconds, turning Blixer® arm clockwise.
- Season.
- For sauce, mix beurre blanc in Blixer®.
- For garnishing, mix Brussels sprouts and bacon pieces with cream Cheese for 30 to 60 seconds, turning Blixer® arm clockwise.
- Turn fish out to plate.



To vary the flavor, add 10% smoked salmon.



Nutrition Calories per person

- **Calories**

1 822 Kj (436 Kcal)

- **Protein**

30 g

- **Fat**

32 g

- **Sugar**

8 g

- **Calcium**

206 mg



REGULAR TEXTURE, Level 7R



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 liter olive oil

Method

- Cook ingredients in traditional way
- First put fish in Blixer®.
- Run Blixer® continuously for 60 to 90 minutes, turning Blixer® arm clockwise.
- Add vegetable stock if necessary to obtain an elastic 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 flavor.



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



MODIFIED TEXTURE

Boosting carrot-apple-lemon juice



Ingredients

For 20 glasses (Approximately 8 oz per glass)

- 4 kg carrots
- 4 kg apples
- 3 lemons (quarter the 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 oxidizing 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 (Approximately
8 oz per glass)

- 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 oxidizing 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 (Approximately
8 oz per glass)

- 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 oxidizing 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 g 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 clockwise.
- Add light syrup if necessary to obtain an elastic texture.
- Place the pastry in glasses.
- Add lemon filling and then pipe meringue on top, using a fluted nozzle.

For finger food, texture 7

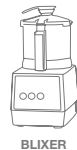
- For the finger food version, blend 8 g agar agar with hot lemon filling in Blixer®.
- Spread on a tray, cool and plate.

Paint the meringue with caramel or syrup.



**Chef's
Tip**

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



BLIXER

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 7R



FINGER FOOD, level 7 ETC



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 clockwise.
- Add a little milk if necessary to obtain an elastic texture.
Set aside.
- Do the same with apples.
- Spoon out dough and use a piping bag for apples.
- Pour caramel over preparation.



**Chef's
Tip**

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

Serve upside-down pie warm with a scoop of vanilla ice-cream. Sprinkle with a little cinnamon if applicable.



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



MODIFIED TEXTURE

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
- 17oz water

Method

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



**Chef's
Tip**

You can intensify the flavor 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



MODIFIED TEXTURE

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



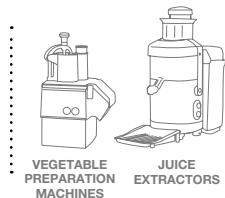
Method

- 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



TEXTURE 5



MODIFIED TEXTURE

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 clockwise.
- Add xanthan gum and ascorbic acid powder to stop the compote going brown and oxidising.
- Spoon into glasses 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.



BLIXER

Nutrition Calories per person

• **Calories**
189 Kj (45 Kcal)

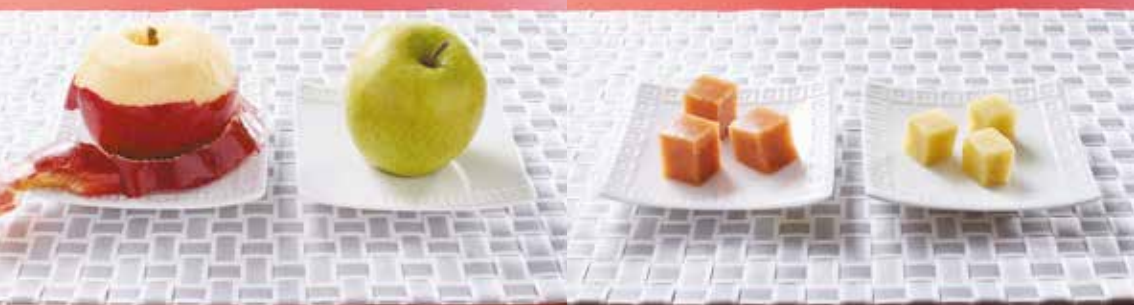
• **Protein**
0.2 g

• **Fat**
0.2 g

• **Sugar**
10 g

• **Calcium**
2.5 mg

• **Vitamin C**
4.5 mg



NORMAL TEXTURE

FINGER FOOD



MODIFIED TEXTURE

Robot-Coupe products

Blixer®

What is the best solution for texture-modified meals?



The range of 15 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.
 - 3600 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, J80 Buffet and J 100 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⁺⁺⁺

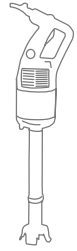
of Robot-Coupe Juice Extractors

- + **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.



Stick Blenders

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



The range of 20 sturdy, powerful mixers turn seasonal vegetables into fresh, creamy, delicious soups to delight your guests.

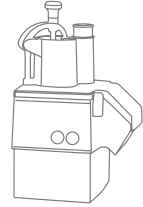
The Pros⁺⁺⁺

of Robot-Coupe Stick Blenders

- + **Cost control of raw materials.**
- + **Seasonal vegetable soups all year round.**
- + **Food keeps its organoleptic properties.**
- + **Adds more fiber to the diet**
- + **Perfect sanitation** with a completely removable 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 50 types of innovative, novel ways.

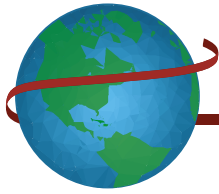
You can slice, grate, dice, julienne, brunoise and make waffle cuts and French Fries. The Chef can thus create new appetizing, varied presentations with greater efficiency.

The Pros⁺⁺⁺

of Robot-Coupe Vegetable Preparation Machines

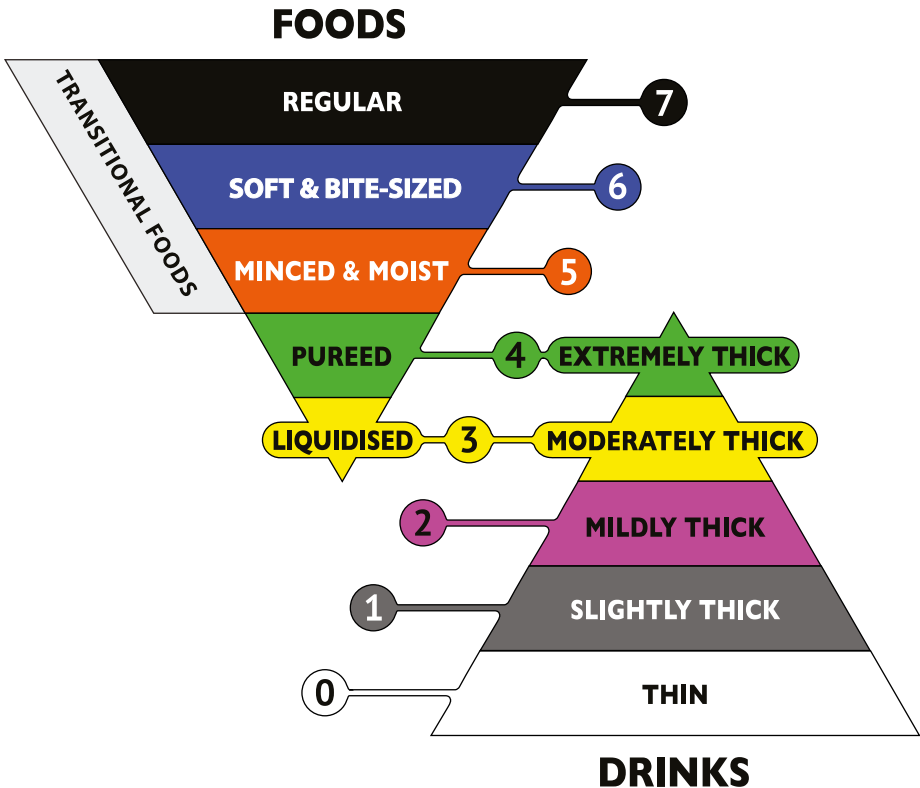
- + **Great for textures 6 and 7** (IDDSI classification)
- + **Seasonal fruit and vegetables all year round.**
- + **Endless cutting possibilities:**
+50 different discs available.
- + **Exceptional cutting quality** even for trickier products such as mushrooms
- + **Reliable, powerful and sturdy machines**





IDDSI

International Dysphagia Diet
Standardisation Initiative



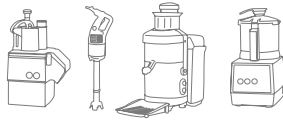
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robot coupe[®]



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