



## Cod in Bisto Parsley Sauce (Dysphagia)

### Ingredients:

- 300g Cod – Skinless and boneless/ diced
- 250ml Water
- 45g Bisto Parsley sauce granules
- 5g Agar Agar
- Salt and Pepper – to taste
- Lemon juice – to taste Method:

- Gently poach the cod in the water until starting to flake (5 minutes)
- Add the Bisto parsley sauce, vegi gel and agar-agar and bring to a simmer
- Immediately remove from the heat and transfer to a blender. Add the parsley

and process on high speed for 3-4 minutes until completely smooth

- Check the seasoning then pour into a dish lined with clingfilm. Set aside to cool
- Once set, the mixture can be portioned then steamed until core temperature is

reached

- Complete dysphagia diet texture checks before serving Turmeric Smash Ingredients:

- 45g Smash
- 110ml Water
- 110ml Milk
- 20g Butter
- 1g Turmeric
- Salt & Pepper – to taste Method:

- Warm together the milk, water and butter
- Add the powdered Smash and turmeric and mix well until combined
- Season to taste and complete dysphagia diet texture checks Homepride Tomato & Basil Sauce Ingredients:

- 200g Homepride Tomato & Basil Sauce
- Food Thickener Method:

- Add the Homepride Tomato & Basil Sauce to a blender
- Blend on full power until smooth then pass the mixture through a sieve to

remove any particles

- Add food thickener to desired consistency
- Complete dysphagia diet texture checks

Serve with – other pureed vegetables such as peas or cauliflower