

# Texture-modified meals with real taste and flavour



*robot coupe*<sup>®</sup>



# Contents

## STARTERS

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Carrot refresher .....	6
Layered beetroot and lamb's lettuce vinaigrette .....	8
Zingy red cabbage and celeriac salad .....	10
Variation on a cucumber and tomato theme .....	12
Tabbouleh.....	14

## MAIN COURSES

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Veal blanquette .....	16
Beef bourguignon.....	18
Moroccan couscous.....	20
Chicken and macaroni delight.....	22
Turkey sauté and ratatouille.....	24
Steak with potato gratin.....	26
Fish fillet and pesto sauce with beetroot and radish quenelles .....	28
Pan-fried salmon, beurre blanc sauce and bacon sprouts .....	30

## CHEESES

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Camembert on wholemeal bread.....	32
Ash goat's cheese log with white bread and salad .....	34

## DESSERTS

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Poached pear and almond soufflé .....	36
Upside-down apple tart .....	38
Lemon meringue pie .....	40
Raw apple compote.....	42

# Health and Nutritional information solutions from Robot-Coupe

## The facts

As life expectancy increases, so does the number of people who find eating difficult.

### • DYSPHAGIA

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

### • UNDERNOURISHMENT

Almost 50% of people admitted to old people's homes are undernourished.

Elderly people in hospitals or care homes are often served meals that are:

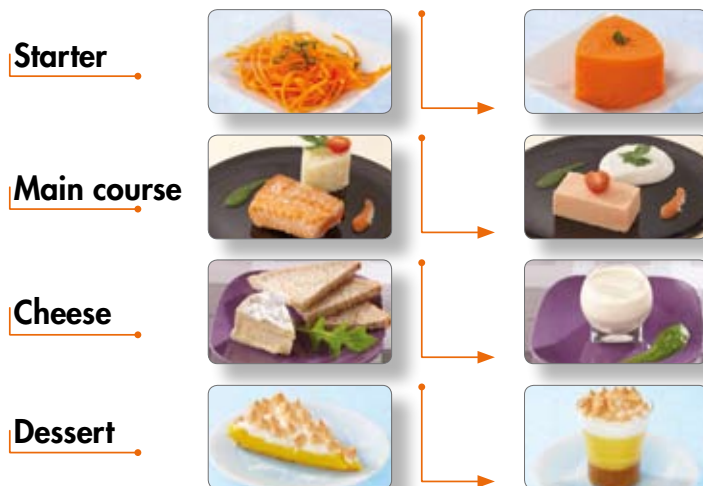
- Repetitive
- Unbalanced
- Devoid of natural vitamins

This can also be the case for very young children, disabled people and postoperative patients.

## What is the best solution for your texture-modified meals?

Robot-Coupe has the best solution in the shape of its range of 21 Blixers®, which can produce both minced and puréed versions of a whole four-course meal –cooked or raw.

Blixers® are currently the only machines that can handle both cooked and raw foodstuffs, without the need to add any liquid. This means that none of the Nutritional value is lost.



Our Blixers® are a great time saver for chefs, who can prepare **the same meal** for all the diners, producing texture-modified versions of each course.



The same meal is served to all the diners, meaning better managed food costs.

**Bowl and lid scraper**

**Lid fitted with seal to make it totally leakproof**

**Stainless-steel micro-serrated blades**

**Tall bowl chimney allowing large amounts of liquid ingredients to be processed**

**3,000 rpm processing speed** to ensure a truly smooth consistency

robot coupe  
Blixer 3 3.7L

## Mealtime objectives

Our Blixers® make mealtimes:

### 1- HEALTHIER

Each day, every single resident's Nutritional informational needs can easily be met:



### 2- MORE PLEASURABLE

Mealtimes are the highpoint of the residents' day:

- Their tastes are respected
- The attractive presentations whet their appetite
- They are tempted by delicious cooking smells

### 3- MORE ENTERTAINING

The food for the main course can be arranged on the dishes in the dining room, to entertain the diners.

## Fortification of texture-modified meals

- For the most undernourished residents, it is important to fortify the preparations with:



- The Laughing Cow® contains protein, calcium and vitamin D enriched cheese



## Presentation is all-important

- The right container for the right recipe:

- Verrine
- Plate
- Ramekin
- etc.



- Shape matters:

- Piping bag



- Spoon (quenelles)



- Stainless-steel food rings



## Blixer® selection guide

CALCULATE THE TOTAL WEIGHT OF THE TEXTURE-MODIFIED MEALS YOU NEED TO PRODUCE

Starter or dessert	Portion weight		Number of blended meals		
	g	X	Meals	=	g
Example :	80 g	X	10 meals	=	800 g

Main course	Portion weight		Number of blended meals		
	g	X	Meals	=	g
Example :	300 g	X	10 meals	=	3000 g

What amounts do you need to process at any one time?

Single Portion	300 g to 2 kg	400 g to 3 kg	500 g to 3,5 kg	600 g to 4,5 kg
X	X	✓	X	X

Do you have a three-phase power supply?

X	X	✓	X	X	✓	X	✓	X
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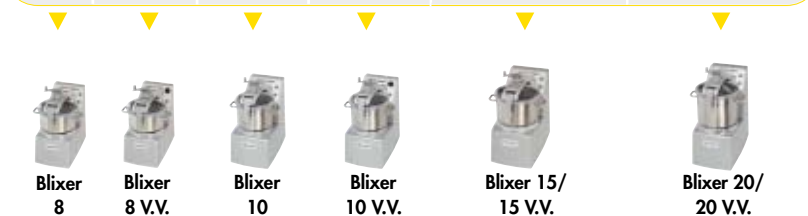


What amounts do you need to process at any one time?

1 kg to 5 kg	2 kg to 6,5 kg	3 kg to 10 kg	3 kg to 13 kg
✓	X	✓	X

Do you have a three-phase power supply?

✓	X	✓	X	✓	✓
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## Carrot refresher


### Ingredients

Serves 20 people: • 1.6 kg carrots • 160 g vinaigrette

### Steps

Cut the carrots into chunks and place in the bowl.

Chop the carrots using the pulse function. 

Switch your Blixer® on  and run continuously for 60-90 seconds, regularly turning the scraper arm.

Add the vinaigrette via the lid.

Check the seasoning.

Shape the carrot into quenelles or serve in ramekins or verrines.

### Nutritional information

Per person:

- Energy: 194 kJ (46 kcal)
- Protein: 0.7 g
- Fat: 2.3 g
- Carbohydrate: 5.6 g
- Calcium: 25.5 mg
- Vitamin C: 4.5 mg



### Chef's tip

To achieve a perfect emulsion, add the vinaigrette right at the end.



Normal texture



Modified texture

⊕ Protein-, calcium- and vitamin D-enriched recipe

## Layered beetroot and lamb's lettuce vinaigrette

### Ingredients

Serves 20 people

1st layer: • 600 g cooked beetroot • 6 hard-boiled eggs

• 150 g The Laughing Cow® • 40 g bread

• 80 g vinaigrette

2nd layer: • 300 g lamb's lettuce • 200 g semi-skimmed milk

• 100 g The Laughing Cow® • 100 g bread

• 100 g vinaigrette

### Steps

Place the cooked beetroot, hard-boiled eggs, The Laughing Cow® and bread in your Blixer®.

Switch your Blixer® on ① and run continuously for 60-90 seconds, regularly turning the scraper arm.

Add the vinaigrette via the lid.

Check the seasoning.

Pipe the mixture into verrines.

Place the lamb's lettuce, milk, bread and The Laughing Cow® in the bowl.

Switch your Blixer® on ① and run continuously for 60-90 seconds, regularly turning the scraper arm.

Add the vinaigrette via the lid.

Check the seasoning.

Pipe the mixture on top of the beetroot.

### Nutritional information

Per person:

- Energy: 449 kJ (107 kcal)
- Protein: 5.3 g
- Fat: 6.1 g
- Carbohydrate: 7.8 g
- Calcium: 157 mg



### Chef's tip

This recipe gives diners an all-too rare opportunity to eat salad greens.



Normal texture



Modified texture






## Zingy red cabbage and celeriac salad


### Ingredients

Serves 20 people: • 800 g red cabbage • 800 g celeriac  
• 160 g vinaigrette • 2 tablespoons French mustard

### Steps

Cut the red cabbage into thick slices and place in the bowl.

Chop using the pulse function. 

Switch your Blixer® on  and run continuously for 60-90 seconds, regularly turning the scraper arm.

Add the vinaigrette via the lid.

Check the seasoning.

Shape the mixture into quenelles or divide between ramekins or verrines.

Follow the same steps for the celeriac, adding a little mustard.

### Nutritional information

Per person:

- Energy: 154 kJ (37 kcal)
- Protein: 1.3 g
- Fat: 2.3 g
- Carbohydrate: 2.6 g
- Calcium: 34.5 mg
- Vitamin C: 27 mg



### Chef's tip

You can replace the vinaigrette for the celeriac with mayonnaise, to make celeriac remoulade.



Normal texture



Modified texture



## Variation on a cucumber and tomato theme

### Ingredients

Serves 20 people: • 1.2 kg cucumbers, half peeled, half unpeeled  
• 600 g tomatoes • 60 g shallots • 180 g vinaigrette • cornstarch thickening agent

### Steps

Cut the tomatoes into quarters and place in the bowl with the shallots. Switch your Blixer® on **1** and run continuously for 60-90 seconds, regularly turning the scraper arm.

Add the thickener.

Add the vinaigrette via the lid.

Check the seasoning.

Pipe into verrines.

Repeat the above steps, first for the peeled cucumbers, then for the unpeeled ones.

Pipe a layer of each on top of the tomato.

### Nutritional information

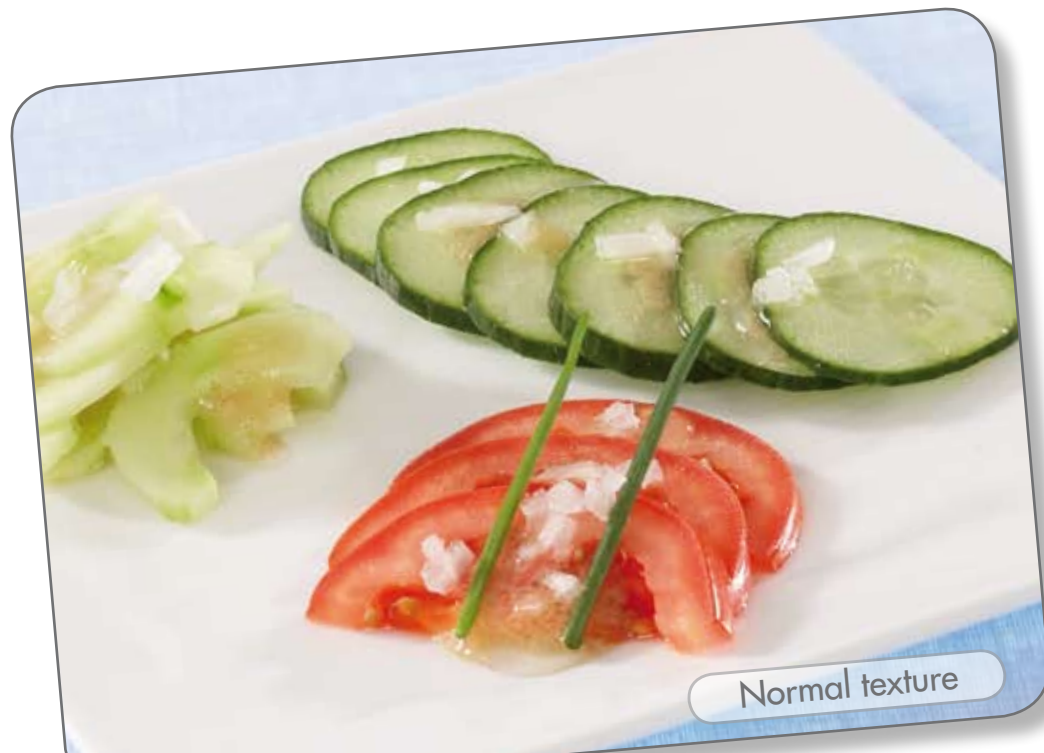
Per person:

- Energy: 149 kJ (35 kcal)
- Protein: 0.7 g
- Fat: 2.6 g
- Carbohydrate: 2.3 g
- Calcium: 12 mg
- Vitamin C: 7 mg



### Chef's tip

Replace the cornstarch with breadcrumbs for enhanced flavour and nutritional value.



## Moroccan couscous

### Ingredients

Serves 20 people: • 500 g tomatoes • 500 g cucumbers  
• 200 g peppers • 100 g onions • mint • parsley • 100 g olive oil  
• 60 g lemon • 600 g couscous • water • salt and pepper

### Steps

Make your Moroccan couscous in the traditional way.  
Transfer to your Blixer®.

Switch your Blixer® on **1** and run continuously for 60-90 seconds,  
regularly turning the scraper arm.

Check the seasoning.

Shape the mixture into quenelles or divide between ramekins or verrines.

### Nutritional information

Per person:

- Energy: 675 kJ (161.5 kcal)
- Protein: 4.4 g
- Fat: 5.7 g
- Carbohydrate: 22.5 g
- Calcium: 16 mg
- Vitamin C: 17 mg



### Chef's tip

If the mixture is too stiff, add  
a little water or tomato juice.



Normal texture



Modified texture

# Veal blanquette

## Ingredients

- Serves 20 people: • 2.8 kg shoulder of veal • 1 kg carrots  
 • 1 kg potatoes • 2 sprigs thyme • 1 bayleaf • 2 sticks celery  
 • 2 garlic cloves
- Sauce:  
 • 30 cl crème fraîche • 2 egg yolks • lemon juice

## Steps

Make your veal stew in the traditional way. Begin by putting the meat in your Blixer®. Switch your Blixer® on **1** and run continuously for 60-90 seconds, regularly turning the scraper arm. Add some of the sauce to achieve a softer consistency. Check the seasoning. Keep warm. Follow the same steps for the carrots. Blend the potato with the puréeing attachment of your CL50. Shape the meat into quenelles and spoon out the vegetables. Pour a little sauce around.



## Nutritional information

Per person:

- Energy: 1239.5 kJ (296.5 kcal)
- Protein: 28.6 g
- Fat: 14.5 g
- Carbohydrate: 12.7 g
- Calcium: 53 mg



### Chef's tip

Process the potato at as high a temperature as possible and at a low speed.



Normal texture



Modified texture



## Beef bourguignon

### Ingredients

Serves 20 people: • 2.8 kg braising steak • 300 g onions  
• 2.4 kg carrots • 1 bouquet garni • 75 cl bottle of red wine  
• 100 g butter • salt • pepper

### Steps

Make your beef bourguignon in the traditional way.

Begin by putting the meat in your Blixer®.

Switch your Blixer® on **1** and run continuously for 60-90 seconds, regularly turning the scraper arm.

Add a little sauce, if necessary, to achieve a softer consistency.

Check the seasoning.

Keep warm.

Follow the same steps for the carrots.

Shape the meat in stainless-steel food rings and pipe the puréed carrot into rosettes.

Pour a little sauce around.

### Nutritional information

Per person:

- Energy: 1489 kJ (356 kcal)
- Protein: 43 g
- Fat: 16 g
- Carbohydrate: 9 g
- Calcium: 59 mg



### Chef's tip

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



Normal texture



Modified texture



## Moroccan couscous

### Ingredients

Serves 20 people: • 20 merguez sausages • 3 chickens  
• 500 g courgettes • 300 g celery • 500 g turnips • 500 g carrots  
• 1 kg couscous • 400 g chickpeas • couscous spice mix

### Steps

Make your Moroccan couscous in the traditional way.

Begin by putting the chicken in your Blixer®.

Switch your Blixer® on **I** and run continuously for 60-90 seconds, regularly turning the scraper arm.

Add some of the cooking liquid, if necessary, to achieve a softer consistency.

Check the seasoning.

Keep warm.

Follow the same steps for the sausages, then for the vegetables and finally the couscous.

Pipe the sausage and chicken onto the plates and spoon out the vegetables and couscous.

Pour a little sauce around.

### Nutritional information

Per person:

- Energy: 1898 kJ (454 kcal)
- Protein: 35 g
- Fat: 15.5 g
- Carbohydrate: 43 g
- Calcium: 72 mg



### Chef's tip

Process the couscous at as high a temperature as possible and at a low speed. Make sure any cooking liquid you add is also piping hot.



Normal texture



Modified texture

# Chicken and macaroni delight

## Ingredients

Serves 20 people: • 2.5 kg chicken fillet • 1.6 kg macaroni  
• 200 g egg whites

## Steps

Cook your chicken and macaroni in the traditional way. Begin by putting the meat in your Blixer®. Switch your Blixer® on **1** and run continuously for 60-90 seconds, regularly turning the scraper arm. Add some vegetable stock if necessary, to achieve a softer consistency. Check the seasoning. Keep warm. Put the macaroni in your Blixer®. Switch your Blixer® on **1** and run continuously for 60 seconds, regularly turning the scraper arm. Add the egg whites. Divide the mixture between aluminium timbale moulds and steam cook for 15 min. at 100 °C. Shape the chicken in stainless-steel food rings and turn out the macaroni cakes. Pour a little cooking liquid around.

## Nutritional information

Per person:

- Energy: 2167 kJ (518 kcal)
- Protein: 39 g
- Fat: 12.5 g
- Carbohydrate: 58 g
- Calcium: 31 mg



### Chef's tip

Process the macaroni at as high a temperature as possible and at a low speed. Make sure any vegetable stock you add is also piping hot.



Normal texture



Modified texture

## Turkey sauté and ratatouille

### Ingredients

Serves 20 people: • 2.5 kg turkey  
 Ratatouille: • 1.5 kg tomatoes • 2 onions • 1.5 kg courgettes  
 • 500 g peppers • 500 g aubergines

### Steps

Cook your turkey sauté and ratatouille in the traditional way. Begin by putting the meat in your Blixer®. Switch your Blixer® on ① and run continuously for 60-90 seconds, regularly turning the scraper arm. Add some cooking juices, if necessary, to achieve a softer consistency. Check the seasoning. Keep warm. Pour your ratatouille into the Blixer®. Switch your Blixer® on ① and run continuously for 60 seconds, regularly turning the scraper arm. Fill stainless-steel food rings with a layer of turkey, followed by a layer of ratatouille. Pour a little cooking juice around.

### Nutritional information

Per person:

- Energy: 1197 kJ (286 kcal)
- Protein: 39 g
- Fat: 11.5 g
- Carbohydrate: 5.5 g
- Calcium: 51 mg



### Chef's tip

Make sure you drain your ratatouille sufficiently, to avoid a runny consistency.





# Steak with potato gratin

## Ingredients

Serves 20 people: • 2.5 kg steak • 3.5 kg potatoes • 125 cl milk  
 • 100 cl single cream • 6 garlic cloves • salt • pepper  
 • 400 g egg whites

## Steps

Cook your steak and gratin in the traditional way.  
 Begin by putting the meat in your Blixer®.  
 Switch your Blixer® on ① and run continuously for 60-90 seconds, regularly turning the scraper arm.  
 Add some vegetable stock, if necessary, to achieve a softer consistency.  
 Check the seasoning.  
 Keep warm.  
 Pour your potato gratin into the Blixer®.  
 Switch your Blixer® on ① and run continuously for 60 seconds, regularly turning the scraper arm.  
 Add the egg whites.  
 Divide the mixture between aluminium timbale moulds and cook in the steam oven for 15 min. at 100 °C.  
 Shape the meat into steaks and turn out the gratin.  
 Pour a little sauce around.

## Nutritional information

Per person:

- Energy: 2495 kJ (597 kcal)
- Protein: 33 g
- Fat: 36 g
- Carbohydrate: 36 g
- Calcium: 130 mg



### Chef's tip

Cooking in timbale moulds, using egg whites to set the mixture, makes for a more original presentation than the usual purée.



Normal texture



Modified texture



## Fish fillet and pesto sauce with beetroot and radish quenelles

### Ingredients

Serves 20 people: • 3 kg white fish fillets • 1.5 kg radishes  
 • 1.5 kg raw beetroot  
 Pesto sauce: • 5 garlic cloves • 2 bunches basil • 300 g parmesan  
 • ½ l olive oil

### Steps

Cook this recipe in the traditional way.  
 Begin by putting the fish in the Blixer®.  
 Switch your Blixer® on **1** and run continuously for 60-90 seconds, regularly turning the scraper arm.  
 Add some vegetable stock, if necessary, to achieve a softer consistency.  
 Check the seasoning.  
 Keep warm.  
 Follow the same steps for the cooked beetroot and the cooked radishes.  
 Shape the vegetable purées into quenelles and the fish in stainless-steel food rings. Drizzle the pesto over the fish.

### Nutritional information

Per person:

- Energy: 1856 kJ (444 kcal)
- Protein: 35 g
- Fat: 30.5 g
- Carbohydrate: 7 g
- Calcium: 240 mg



### Chef's tip

The cooked beetroot and radish in this recipe adds a touch of originality in terms of both presentation and flavour.



+ Protein-, calcium- and vitamin D-enriched recipe

## Pan-fried salmon, beurre blanc sauce and bacon sprouts

### Ingredients

2 kg raw salmon • 200 g The Laughing Cow®  
 • 500 g semi-skimmed milk • 300 g egg whites  
 • 4 kg cooked Brussels sprouts • 200 g cooked smoked bacon  
 Beurre blanc sauce: • 100 g shallots • 400 g butter

### Steps

Prepare this recipe in the traditional way.  
 Put the salmon and The Laughing Cow® in your Blixer®.  
 Switch your Blixer® on **1** and run continuously for 60-90 seconds, regularly turning the scraper arm.  
 Season.  
 Add the milk to achieve a softer consistency and check the seasoning.  
 Add the egg whites.  
 Divide the mixture between greased moulds (approx. 100 g per portion).  
 Cover and cook in the steam oven for approx. 10 min. at approx. 95 °C.  
 To make the sauce, blend the beurre blanc in your Blixer®.  
 For the garnish, blend the Brussels sprouts with the bacon and The Laughing Cow®.  
 Turn the fish out of the moulds, coat with the sauce and shape the sprout mixture into quenelles.

### Nutritional information

Per person:

- Energy: 1822 kJ (436 kcal)
- Protein: 30 g
- Fat: 32 g
- Carbohydrate: 8 g
- Calcium: 206 mg



### Chef's tip

To change, replace 10% of the fish with smoked salmon.



Normal texture

Chopped texture

Modified texture





## Camembert on wholemeal bread

### Ingredients

Serves 20 people: • 800 g camembert cheese • 400 g sliced wholemeal bread • milk

### Steps

Place the wholemeal bread in your Blixer®.

Switch your Blixer® on **1** and run continuously for 60-90 seconds, regularly turning the scraper arm.

Add some milk to achieve a softer consistency.

Set aside.

Follow the same steps with the camembert.

Again, add some milk to obtain a creamier consistency.

Pipe into verrines, bread first, then camembert.

### Nutritional information

Per person:

- Energy: 690 kJ (165 kcal)
- Protein: 10.5 g
- Fat: 9 g
- Carbohydrate: 10 g
- Calcium: 202 mg



### Chef's tip

The camembert adds a whole new pleasurable dimension to texture-modified meals.

This recipe can be used with all soft-rind cheeses (e.g. brie).



## Goat's cheese log on white bread with salad

### Ingredients

Serves 20 people: • 800 g goat's cheese log • 400 g sliced white bread • milk • 400 g batavia lettuce • 100 g bread for the lettuce • 50 g vinaigrette

### Steps

Place 400 g sliced bread in your Blixer®.  
Switch your Blixer® on ① and run continuously for 60-90 seconds, regularly turning the scraper arm.  
Add some milk to achieve a creamier consistency.  
Follow the same steps with the goat's cheese.  
Again, add some milk to obtain a creamier consistency.  
Place the lettuce in the machine with 100 g bread.  
Switch your Blixer® on ① and run continuously for 60-90 seconds, regularly turning the scraper arm.  
Add the vinaigrette via the lid.  
Check the seasoning.  
Pipe the bread mixture into verrines, followed by the lettuce, then the cheese.

### Nutritional information

Per person:

- Energy: 829 kJ (198 kcal)
- Protein: 10 g
- Fat: 11 g
- Carbohydrate: 14 g
- Calcium: 70 mg



### Chef's tip

This recipe allows you to introduce both raw lettuce and cheese into a texture-modified diet.



Normal texture



Modified texture



## Poached pear and almond soufflé

### Ingredients

Serves 20 people: • 1.25 kg almonds • 1.25 kg icing sugar  
• 1.25 plain flour • 500 g butter • 20 eggs • 10 pears  
• 50 cl water

### Steps

Make your soufflé in the traditional way.

Begin by putting the cooked cake mixture in your machine.

Switch your Blixer® on ① and run continuously for 60 seconds, regularly turning the scraper arm.

Set aside.

Put the pears in the bowl.

Switch your Blixer® on ① and run continuously for 30 seconds, regularly turning the scraper arm.

Set aside.

Pipe the cake mixtures into verrines, followed by the pear.

Decorate with chocolate sauce.

### Nutritional information

Per person:

- Energy: 4759 kJ (1138.5 kcal)
- Protein: 28 g
- Fat: 59 g
- Carbohydrate: 120 g
- Calcium: 210 mg



### Chef's tip

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



Normal texture



Modified texture

## Upside-down apple tart

### Ingredients

Serves 20 people:

For the tart:

• 600 g shortcrust pastry • 3 kg apples • 100 g sugar • milk

For the caramel:

• 300 g demerara sugar • a little water

### Steps

Make the tart in the traditional way.

Begin by putting the pastry in the Blixer®.

Switch your Blixer® on **I** and run continuously for 60-90 seconds, regularly turning the scraper arm.

Add a little milk, if necessary, to achieve a less compact texture.

Set aside.

Follow the above steps for the apples.

Spoon out the pastry mixture and pipe the apple on top.

Drizzle with caramel.

### Nutritional information

Per person:

- Energy: 1153 kJ (276 kcal)
- Protein: 2.5 g
- Fat: 7 g
- Carbohydrate: 50 g
- Calcium: 9.5 mg



### Chef's tip

Serve this tart warm with a scoop of vanilla ice cream.

Sprinkle with a pinch of cinnamon.

You can replace the apples with pears, quinces, figs, etc.



Normal texture



Modified texture



# Lemon meringue pie

## Ingredients

Serves 20 people:

Lemon filling: • 12 lemons • 450 g sugar • 9 eggs • 200 g butter

Meringue: • 200 g egg whites • 300 g sugar

Pastry: • 600 g shortcrust pastry

## Steps

Make the pie in the traditional way.

Begin by putting the pastry in the Blixer®.

Switch your Blixer® on **1** and run continuously for 60-90 seconds, regularly turning the scraper arm.

Add some light syrup, if necessary, to achieve a softer consistency.

Divide the pastry mixture between the verrines. Add the lemon filling and pipe the meringue on top, using a fluted nozzle.

## Nutritional information

Per person:

- Energy: 2310 kJ (552 kcal)
- Protein: 8.2 g
- Fat: 21.6 g
- Carbohydrate: 77 g
- Calcium: 37 mg



### Chef's tip

Lemon aficionados will appreciate the addition of a little kaffir lime zest or some chopped lemon verbena.



Normal texture



Modified texture

## Raw apple compote


### Ingredients


Serves 20 people: • 1 kg red apples • 1 kg green apples  
• lemon

### Steps

Process the green- and red-skinned apples separately to obtain 2 different-coloured compotes.

Cut the unpeeled green apples into quarters and place in the bowl.

Chop using the pulse function 

Switch your Blixer® on  and run continuously for 60-90 seconds, regularly turning the scraper arm.

Add some lemon juice to prevent the fruit from browning.

Divide between verrines or transparent ramekins.

Follow the above steps for the red-skinned apples.

### Nutritional information

Per person:

- Energy: 189 kJ (45 kcal)
- Protein: 0.2 g
- Fat: 0.2 g
- Carbohydrate: 10 g
- Calcium: 2.5 mg
- Vitamin C: 3.5 mg



### Chef's tip

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





## J80 Ultra juicer

The J80 Ultra juicer can produce ultra-fresh fruit and vegetable juices in a matter of seconds, thanks to its auto feed system. This means that everyone can enjoy the full goodness of fresh fruit and vegetables.



**The J80 Ultra** can help you meet one of the guidelines of the French Study Group on Institutional Catering and Nutrition (GEMRCN). This group's mission is to improve the nutritional value of meals served in institutions, as part of the French National Nutrition and Health Programme. One of the GEMRCN's key objectives is to increase fruit and vegetable consumption by encouraging institutions to serve at least one fresh fruit juice per day.

### The benefits of the J80 Ultra juicer:

- Improved daily hydration
- Higher vitamin intake
- Entertainment:
  - Juices can be prepared and served in the dining room in front of the **residents**;
  - **The juice ingredients can be varied according to each resident's individual taste.**

## Stick blenders

Our range of 21 stick blenders, each one ruggedly constructed and boasting a powerful motor, can turn all your fresh seasonal vegetables into deliciously creamy soups that your residents will really appreciate.



**Sturdiness:** tough, stainless-steel bell

**Perfect hygiene:** the foot and blade assembly can be detached for easy cleaning and aftercare

**Performance:** the most rapid blending solution leaving the least residue

### The benefits of our stick blenders:

- Increased fibre intake
- None of the flavour is lost
- More economic use of ingredients

## Advice on using your Blixer®:

- If you have to process raw or hard foods, begin by removing the lid scraper arm. Next, use the pulse function to chop the food and reduce its volume. Put the scraper arm back when you are ready to blend.
- Raw ingredients must be processed for 60-90 seconds to obtain a sufficiently fine texture.
- Always add seasoning after blending – never before.
- Patients who have difficulty swallowing require extremely smooth and creamy textures (e.g. cream dessert), so make sure you add sufficient liquid.
- You can equip your machine with a second complete bowl set (bowl, lid, blade assembly, scraper arm) to avoid wasting time between preparations.

## How to look after your Blixer®:

- Check the sharpness of the blades on a regular basis. Change them if necessary.
- Maintain your scraper arm by regularly replacing the bowl and lid scrapers.
- Get your dealer to carry out a full annual service.

## Advice on producing minced/puréed meals

### Cook – Hot Hold – Serve

- 1) Always use top-quality products
- 2) Weigh your ingredients  
Quantity/Portion x Number of diners

#### **For example:**

Meat 100 g                      Green vegetables 150 g  
Fish 100 g                      Starchy foods 100 g  
Eggs 100 g  
according to the menu  
Flavour your basic ingredients with carrots, onions, garlic, etc.

#### **Always work with foods at a temperature above 75 °C.**

Cook the food normally, according to the recipe (roasting, sautéing or poaching).

All the ingredients must reach a temperature of +75 °C.

Hot mincing or blending after cooking at +75 °C.

Hot hold (internal temperature of +63 °C).

Remember to keep a sample dish.

Blend the meals as near as possible to their being served.

### Cook – Chill – Reheat – Hot Hold – Serve

- 1) Always use top-quality products
- 2) Weigh your ingredients  
Quantity/Portion x Number of diners

#### **For example:**

Meat 100 g                      Green vegetables 150 g  
Fish 100 g                      Starchy foods 100 g  
Eggs 100 g  
according to the menu  
Flavour your basic ingredients with carrots, onions, garlic, etc.

## Two scenarios

### First scenario

At the end of cooking, the preparation is at  $+65\text{ }^{\circ}\text{C}$

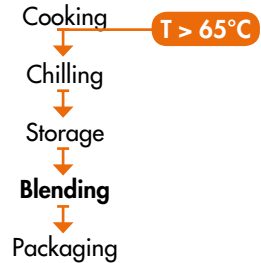
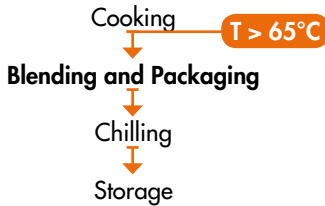
### Second scenario

At the end of cooking, the preparation is at  $+65\text{ }^{\circ}\text{C}$

**The food is kept cold and cold-blended the day it is prepared**

The  $65\text{ }^{\circ}\text{C}$  preparation is cooled to  $10\text{ }^{\circ}\text{C}$  in less than 2 hours

**The food is kept cold and cold-blended the day it is prepared**



## Comments:

- When blending hot dishes, the preparations must be maintained at a temperature of at least  $65\text{ }^{\circ}\text{C}$  throughout.
- When blending cold dishes, the preparations must be at an initial temperature of between  $0\text{ }^{\circ}\text{C}$  and  $3\text{ }^{\circ}\text{C}$ .
- Cook the ingredients as you would normally, according to the recipe.
- Food can be roasted, sautéed or poached.
- Food must be film-wrapped, dated and stored in a refrigerator at  $3\text{ }^{\circ}\text{C}$ .
- The blending temperature must be below  $10\text{ }^{\circ}\text{C}$ .
- Arrange on the plates before reheating.



## Advice – Cleaning – Hygiene

- After using your machine, remove the lid, bowl and blade assembly.
- Soak in a disinfectant solution for 5 minutes.
- Rinse thoroughly.
- Allow to dry in the open air.
- Film-wrap.
- Store the bowl, blade assembly and lid in the refrigerator.

## HACCP guidelines

Hazard source	Critical control point	Hazard	Origin of hazard	Critical limits	Preventive measures	Corrective actions
Equipment	Yes	Contamination	Dirty bowl and blades		Adhere to cleaning plan	Clean and cook again
Equipment	Yes	Multiplication	Temperature too low at end of cooking	Temperature above 75 °C	Insert stem thermometer	Cook for longer
Equipment	Yes	Multiplication	Temperature below 63 °C at end of blending	Temperature equal to or above 63 °C	Monitor temperature. Transfer immediately to food trolleys.	Cook again (pasteurization)
Equipment	Yes	Multiplication	Temperature still above 10 °C after 2 hours	Temperature below 10 °C in less than 2 hours	Chill in refrigerator and insert stem thermometer.	Cook again (pasteurization)

We are grateful to Nathalie Massit, dietician and nutritionist, for her help in establishing the nutritional values of our recipes.



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