

# IDDSI, Techniques for Implementation

## IDDSI Level 4 Puree

- Appearance: smooth, no lumps
- Fork Test: food sits in a mound on a fork and does not drip or flow through the fork
- Spoon Tilt Test: holds shape on spoon and slides off spoon
- Not sticky: a little residue left on the spoon is okay.
- Does not separate: liquid (like sauce) must not separate from solids



## IDDSI Tricks for Rubicon Mixes

Use these tweaks to adjust if needed. All environments are different, so you might have to test and find what works for you in your kitchen.

### Too firm?

- Add up to 4 tablespoons of additional water per 1 cup of dry mix.

### Too sticky?

- After holding made up product for 15 minutes, stir in up to 2 tablespoons of oil per 1 cup of dry mix. This will coat the product, reducing stickiness.

### Shaping trouble?

- Pay close attention to recipe details - especially correct volumes and temperature ranges. Use a scale, if possible.
- For bread: try covering and chilling down in cooler for 30 minutes. Shape while cold, then retherm covered in 350°F oven or steamer.
- Other mixes: while bringing up to temp, use a thermometer to temp several spots of the mix to make sure it is at proper temperature throughout.

Puree Bread is suitable for IDDSI Levels 4,5,6 & EC7. Be sure to use appropriate garnishes or sandwich fillings that align with each diet level.