

Lesson 4

Puree Rice & Pasta

IDDSI Levels 4, 5

Lesson Overview

Learn how to prepare and shape Rubicon Puree Rice and Pasta Mixes to create recognizable rice and noodle dishes while maintaining a consistent puree texture.

Recipes

- Pasta
- Spaghetti & Meatballs
- Rice
- M&C/Alfredo

Shaping Tools Needed

- Ricer tool with interchangeable discs

Kitchen Items Needed

- | | |
|------------------|---------------|
| • Mixing bowl | • Sauce ladle |
| • Whisk | • Saucepan |
| • Rubber spatula | • Hotel pan |
| • #10 scoop | • Thermometer |

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Key Points

Consistent Texture with Puree Mixes

- Rubicon Puree Rice and Pasta Mixes provide a consistent puree texture without the hassle and issues from pureeing rice or pasta using a food processor.

Proper Cooking Temperature

- Start with hot water on stoveop, whisk in the mix and bring the mixture to 180–190°F while whisking to fully thicken the product.

Advanced Bulk Prep & Freeze

- Prepare up to three months of servings by scooping portions onto a sheet pan and freezing individually. See Advanced Bulk Prep for detailed instructions.

Shaping with a Ricer

- Hold puree pasta or rice in bulk, at temperature, on the tray line. Instead of scooping onto the plate, scoop into the ricer and pump out onto the plate.
- Keep ricer sitting on top of hotel pan, acting as a tool.

Reducing Stickiness

- If the mixture becomes sticky and does not pass the IDDSI Spoon Tilt Test, add a small amount of oil after preparation to help coat the product.

Action Items

- Prepare Rubicon Puree Pasta Mix and practice shaping spaghetti using the ricer tool.
- Prepare Rubicon Puree Rice Mix and shape a rice side portion.
- Experiment with different rice flavor variations using broth or finely ground seasonings.