



## Lesson 4 – Puree Rice & Pasta

*IDDSI Levels 4, 5*

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### 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
- Whisk
- Rubber spatula
- #10 scoop
- Sauce ladle
- Saucepan
- Hotel pan
- Thermometer

### 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.

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## **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.