Lesson 1

Puree Breakfast Shaping

IDDSI Levels 4, 5, 6, 7EC

Lesson Overview

Learn two simple methods for shaping pureed breakfast foods using **Rubicon Puree Bread Mix** to create realistic, tasty breakfast items that improve plate presentation.

Puree Recipes

- Scoop & Shape Breakfast - Waffles, Cinnamon Rolls, Toast, Pancakes
- Sheet Pan Breakfast - Cinnamon Rolls, Toast, Pancakes

Shaping Tools Needed

- Silicone waffle mold
- Bundt cake mold (for cinnamon rolls)
- Bread mold (SimplyThick)

Kitchen Items Needed

- Mixing bowl
- Whisk
- Rubber spatula
- Offset spatula
- #10 scoop
- #16 scoop
- Quarter sheet pan (10 servings) or half sheet pan (20 servings)
- Hotel pan
- Cooking spray
- Thermometer

Lesson 1

Puree Breakfast Shaping

IDDSI Levels 4, 5, 6, 7EC

Key Points

Two Shaping Methods

- Scoop & Shape Puree Breakfast – Scoop mixture into silicone molds and flip out to create waffles, toast, and cinnamon rolls.
- Sheet Pan Puree Breakfast – Spread puree bread in a sheet pan, then cut pancakes and toast or roll into cinnamon rolls.

Water Temperature Matters

- Use 170–185°F water when preparing the bread mix.
- Lower temperature = softer bread

Production Tips

- Bread mix can be prepared up to 3 days in advance to reduce morning prep time.
- Option to shape items the day before service. Reheat in a covered shallow hotel pan at 350°F for 5 minutes. Keep covered on tray line.

Shaping Tip

- Lightly spray spatulas and molds so items release easily.
- Shape items while cold for a firmer texture. Reheat to temperature.

Action Items

- Prepare the recipe for Scoop & Shape Breakfast . Practice shaping waffles, toast, and cinnamon rolls using molds.
- If serving 10 or more texture modified portions, try out the Sheet Pan Breakfast recipe. Choose the shaping method that works best for your operation.
- Plate with other breakfast purées such as eggs and sausage for a complete plate.

Lesson 2

Puree Desserts

IDDSI Levels 4, 5, 6, 7EC

Lesson Overview

Learn how to use Rubicon Puree Bread Mix to create a variety of instant puree desserts including cookies, bundt cakes, donuts, hand pies, brownies, and cake wedges that maintain proper puree texture while improving menu variety. No baking or food processor required.

Puree Recipes

- Scoop Dessert Method - Cookies, Donuts, Bundt Cakes, Hand Pies
- Brownies / Dessert Bars
- Cake Wedges

Shaping Tools Needed

- Bundt cake silicone mold

Kitchen Items Needed

- Mixing bowl
- Whisk
- Rubber spatula
- Offset spatula
- #10 scoop
- #16 scoop
- Sheet pan
- Cake pan or hotel pan
- Cooking spray
- Thermometer

Lesson 2

Puree Desserts

IDDSI Levels 4, 5, 6, 7EC

Key Points

Flavor Variations

- Recipes include vanilla sugar, lemon cake, apple spice, cinnamon swirl, peanut butter, and chocolate.
- Desserts are the base bread recipe plus a few added ingredients you probably have on hand.

Multiple Dessert Shapes

- Scoop and shape methods include cookies, donuts, hand pies and bundt cakes.
- Pour mixture into a cake pan or hotel pan. Let sit 15 minutes in cooler, then pop out onto sheet pan for puree cake wedges, cake squares or dessert bars.

Water Temperature Matters

- Use 170–185°F water when preparing the bread mix.
- Lower temperature = softer dessert

Production Tips

- Desserts can be prepared up to 3 days in advance or frozen up to 3 months - follow Advanced Bulk Prep for freezing and retherming.

Texture-Safe Toppings

- Pudding, dessert toppings, or fruit fillings can be used to add flavor while maintaining a safe puree texture.
- Desserts can be used for all IDDSI diet levels. Garnish using the appropriate level.

Action Items

- Prepare the Chocolate Cake recipe and practice shaping cookies, bundt cakes, and donuts using the scoop method.
- Practice preparing brownies or dessert bars.
- Prepare a cake wedge dessert and practice slicing and plating for presentation.
- Experiment with different flavor variations and dessert toppings to create menu variety.

Lesson 3

Puree Sandwiches, Burgers, Pizza & Tacos

IDDSI Levels 4, 5, 6, 7EC

Lesson Overview

Learn multiple methods for shaping pureed breads using the Rubicon Puree Bread Mix to create sandwiches, burgers, tacos, and pizza that resemble traditional menu items while maintaining proper purée texture.

Puree Recipes

- Sandwich bread, burger buns
- Pizza & Tacos
- Bulk Sandwich Production

Shaping Tools Included

- Bread mold (SimplyThick bread mold)

Kitchen Items Needed

- Mixing bowl
- Whisk
- Rubber spatula
- Offset spatula
- #10 scoop
- #16 scoop
- #8 scoop (pizza crust)
- Quarter sheet pan (10 servings) or half sheet pan (20 servings)
- Hotel pan
- Cooking spray
- Thermometer

Lesson 3

Puree Sandwiches, Burgers, Pizza & Tacos

IDDSI Levels 4, 5, 6, 7EC

Key Points

Same Base Bread Recipe

- Rubicon Purée Bread Mix can be used to create sandwich bread, burger buns, pizza crust, tacos, and bulk sandwiches using the same base recipe.

Water Temperature Matters

- Use 170–185°F water when preparing the bread mix.
- Lower temperature = softer bread

Cheese Spread

- Ricotta cheese mixed with Rubicon Cheese Base Mix creates a cheddar-style spread.
- Recommended ratio: 1 cup ricotta to ¼ cup cheese mix. Can add more mix.
- Ricotta works well because it maintains a safe purée texture at cold, room temperature, or warm temperatures. It also doesn't spread out of the sandwich.

Sandwich Assembly

- Sandwiches can be assembled ahead and reheated, or components can be held separately and assembled on the tray line to ensure proteins remain heated to temperature.
- For larger volumes, sandwiches can be produced using the Sheet Pan Method, yielding 10 sandwiches per quarter sheet pan or 20 per half sheet pan.

Pizza and Taco Shaping

- Pizza crusts and tacos are created by flattening scoops of puree bread mix, then adding pureed fillings and toppings.

Action Items

- Prepare the puree bread base recipe and practice shaping sandwich bread and burger buns using the scoop method.
- Practice shaping pizza crusts and tacos using flattened scoops.
- Try the bulk sandwich method using two sheet pans for higher volume production. Choose the shaping method that works best for your operation.

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

Lesson 4

Puree Rice & Pasta

IDDSI Levels 4, 5

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.

Lesson 5

Puree Proteins

IDDSI Level 4

Lesson Overview

Learn how to prepare and shape pureed proteins using Rubicon Protein Shaping Mix to create recognizable chicken, beef, pork, and fish while maintaining a safe puree texture.

Recipes

- Puree Protein Shaping Mix for Puree Chicken, Beef, Fish, Pork

Shaping Tools Needed

- Dredge cup w Rubicon Grilled Coloring Mix (provided with case)
- 4 protein shaping molds (provided)

Kitchen Items Needed

- Food processor
- Scale
- Rubber spatula
- Mixing bowl
- Hotel pan
- Aluminum foil
- Oven at 350ºF
- Cooking spray
- #10 scoop
- Thermometer

Lesson 5

Puree Proteins

IDDSI Level 4

Key Points

Preparing Puree Proteins

- Cooked pork, beef, fish or chicken is processed with Rubicon Protein Shaping Mix and hot water or broth to create a smooth puree mixture. Finely ground seasonings or spice blends may be added
- Use moist cooking methods to cook the protein.

Activating the Shaping Mix

- After processing, transfer to hotel pan and heat mixture to 165°F in the oven to activate the shaping mix.

Shaping with Protein Molds

- Purée proteins are scooped into molds and flipped onto the plate to create recognizable shapes like chicken breast, fish fillet, pork chop, or sliced beef.

Grilled Coloring for Appearance

- Rubicon Grilled Coloring Mix is provided in every case and can be sprinkled into the mold before filling, using the provided dredge cup.

Large Volume Production

- For larger volumes, proteins can be pre-molded and held in a covered hotel pan with a small amount of water to create a steam bath, keeping them moist and speeding up time on the line.
- See Large Volume Protein Shaping Instructions for where to find your molds.

Action Items

- Prepare a puree protein using Rubicon Protein Shaping Mix.
- Practice shaping proteins using the chicken, beef, pork, and fish molds.