Puree Shaping Course Recipes

Bring more joy to your resident's dining experience.

Rubicon's Puree Shaping Course helps culinary teams turn pureed foods into familiar, recognizable meals using simple, repeatable techniques.

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Scoop & Shape Puree Breakfast



Waffles, Cinnamon Rolls, Toast, French Toast, Pancakes

IDDSI Levels 4, 5, 6, 7EC

Product Used: Rubicon Puree Bread Mix

Shaping Tools Used:

- Silicone bundt cake & waffle mold (provided by Rubicon)
- SimplyThick bread mold (purchase at SimplyThick.com)





Kitchen Items Needed:

- Mixing bowl
- Rubber spatula
- #10 scoop
- Liquid & dry measuring cups
- Cooking spray
- #30 scoop
- Whisk
- Offset spatula
- #16 scoop
- Thermometer
- Hotel pan

Ingredients

Ingredients	#16 Scoop (6 serv)	#16 Scoop (12 serv)	#16 Scoop (18 serv)
Puree Bread Mix	**1 cup (140g)**	**2 cups (280g)**	**3 cups (420g)**
Cinnamon (optional)	**1 tsp**	**2 tsp**	**3 tsp**
Vegetable Oil	**2 Tbsp**	**4 Tbsp**	**6 Tbsp**
Hot Water (170-185ºF)	**1.25 cups**	**2.5 cups**	**3.75 cups**

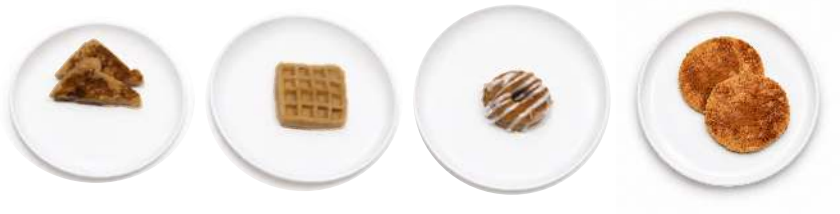
Using #10 scoop yields 4, 8, or 12 servings.

Recipe Nutrition

#16 Scoop Serv - Calories: 120 | Fat: 5g | Sodium: 100mg | Carbs: 17g | Sugars: 4g | Protein: 2g

#10 Scoop Serv - Calories: 192 | Fat: 8g | Sodium: 160mg | Carbs: 27g | Sugars: 6g | Protein: 3g

Scoop & Shape Puree Breakfast



Preparation

1. Combine Puree Bread Mix, optional cinnamon, oil, and 170–185°F hot water in a mixing bowl. Whisk until smooth.
2. Let the mixture rest for about 5 minutes.
3. Spray the selected mold with oil. For a darker color, sprinkle with cinnamon. Scoop mixture into the mold and press into shape.
   - **Waffles:** Press into silicone waffle mold (#16 scoop)
   - **Cinnamon Rolls:** Press into silicone bundt mold (#10 scoop)
   - **French Toast / Toast:** Press into SimplyThick bread mold (#10 scoop)
   - **Pancakes:** Scoop (#16) and flatten with sprayed offset spatula. (Alternatively use two #30 scoops stacked.)
4. Plate and add appropriate toppings, such as maple syrup, cinnamon sugar, or icing.

Texture & Shaping Tips

Too firm or drying out?

- Puree bread softens when warmed.
- Add up to 4 Tbsp additional water per 1 cup of dry mix if product is too firm.
- Lower water temperature slightly (closer to 170°F) for softer bread.

Too sticky?

- After holding prepared product for 15 minutes, stir in up to 2 Tbsp of oil per 1 cup of dry mix. This lightly coats the product, reducing stickiness.

Shaping trouble?

- Recheck recipe measurements and temperature ranges.
- Use a scale for accuracy when possible.
- Chill in freezer for 15 minutes, shape while cold, then reheat covered in a 350ºF oven or steamer.

Advance Preparation

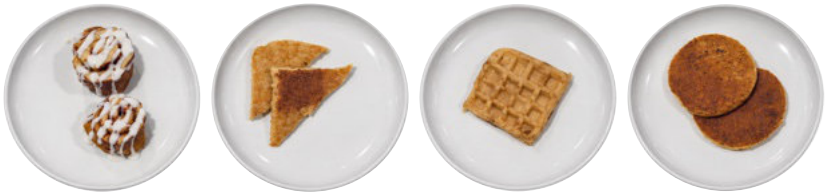
- Bread mix can be bulk prepared and stored up to 3 days refrigerated.
- Shape breakfast items the day before service and store covered in a shallow hotel pan.

Reheat

- Keep covered and heat at 350°F for 5 minutes until warmed through.
- Keep covered on the tray line until plating.

Rubicon

Sheet Pan Puree Breakfast



Cinnamon Rolls, Toast, French Toast, Pancakes

IDDSI Levels 4, 5, 6, 7EC

Product Used: Rubicon Puree Bread Mix

Kitchen Items Needed:

- Mixing bowl
- Whisk
- Rubber spatula
- Offset spatula
- Quarter sheet pan (12 servings) or half sheet pan (20 servings)
- Liquid & dry measuring cups
- Thermometer
- Cooking spray
- Hotel pan

Ingredients

Ingredients	12 serv (¼ sheet pan)	20 serv (½ sheet pan)
Puree Bread Mix Best to weigh	**1.75 cups (245g)**	**3.5 cups (490g)**
Cinnamon Bread Mixture Combine ¼ cup bread mix & 1Tbsp cinnamon	**1–2 Tbsp**	**3 Tbsp**
Vegetable Oil	**3 Tbsp**	**6 Tbsp**
Hot Water (170-185ºF)	**2 cups**	**4 cups**

Recipe Nutrition

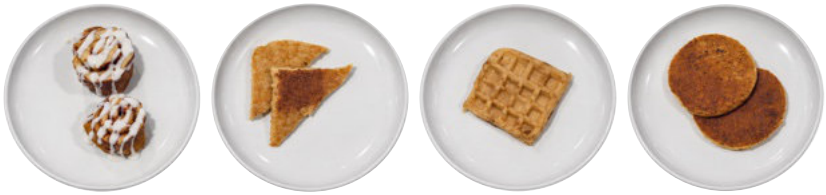
Sheet Pan Breakfast - Calories: 120 | Fat: 5g | Sodium: 105mg | Carbs: 18g | Sugars: 4g | Protein: 2g

Pancake nutrition is dependent on size of round cutter used.

Sheet Pan Preparation

1. Spray sheet pan generously with oil.
2. Sprinkle cinnamon mixture over the pan and shake to coat the bottom evenly.
3. In a mixing bowl, whisk Puree Bread Mix, vegetable oil and 170–185°F hot water until smooth.
4. Immediately spread mixture onto prepared sheet pan. Spread evenly using an offset metal spatula. Take long strokes with spatula and don’t pull up on bread.
5. Let sit for 15 minutes uncovered before shaping or covering for storage.

Sheet Pan Puree Breakfast



Portion & Shape

Follow the cutting grids at the end of recipe for correct portion sizes.

Cinnamon Rolls

- Cut portions and sprinkle with cinnamon sugar.
- Roll into spirals.
- If rolling is difficult, freeze for 10 minutes, then roll.

Toast/ French Toast

- Cut into toast slices.

Pancakes

- Cut rounds using a glass, biscuit cutter, or cookie cutter.
- Save remaining bread for waffles.

Texture & Shaping Tips

Too firm or drying out?

- Puree bread softens when warmed.
- Add up to 4 Tbsp additional water per 1 cup of dry mix if product is too firm.
- Lower water temperature slightly (closer to 170°F) for softer bread.

Shaping trouble?

- Recheck recipe measurements and temperature ranges.
- Use a scale for accuracy when possible.
- Chill in freezer for 15 minutes, shape while cold, then reheat covered in a 350ºF oven or steamer.

Advance Preparation

- Sheet pans can be prepared up to 3 days in advance and stored refrigerated.
- Cut portions as needed for service. Spray an offset spatula and move to a fresh sheet pan or shallow hotel pan for cinnamon rolls.
- Items may be shaped the day before and stored for next day service.
- Cover and store remaining bread on sheet pan.

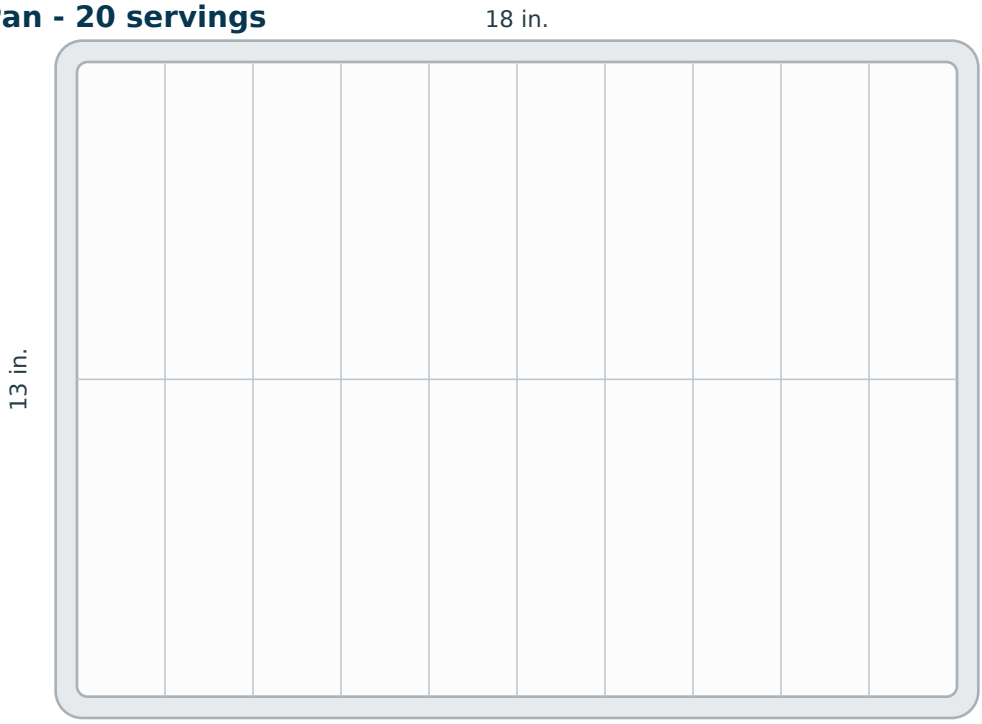
Reheat

- Cover and heat at 350°F for 5 minutes.
- Keep covered on the tray line until plating.

Sheet Pan
Puree Breakfast

Cinnamon Roll Cutting Grid

Half Sheet Pan - 20 servings



Follow Sheet Pan Recipe to prepare a half sheet pan with puree bread. Make 9 vertical cuts and 1 horizontal cut to create 20 portions (10 × 2 grid).

Quarter Sheet Pan - 10 servings

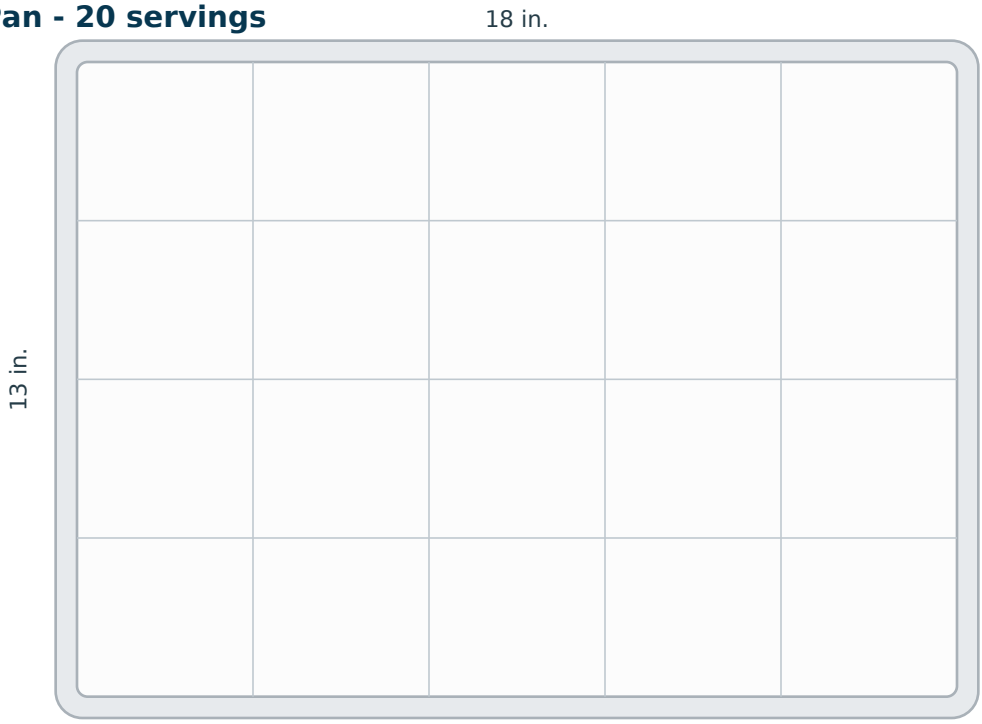


Follow Sheet Pan Recipe to prepare a quarter sheet pan with puree bread. Make 9 vertical cuts to create 10 portions (10 × 1 grid).

Sheet Pan
Puree Breakfast

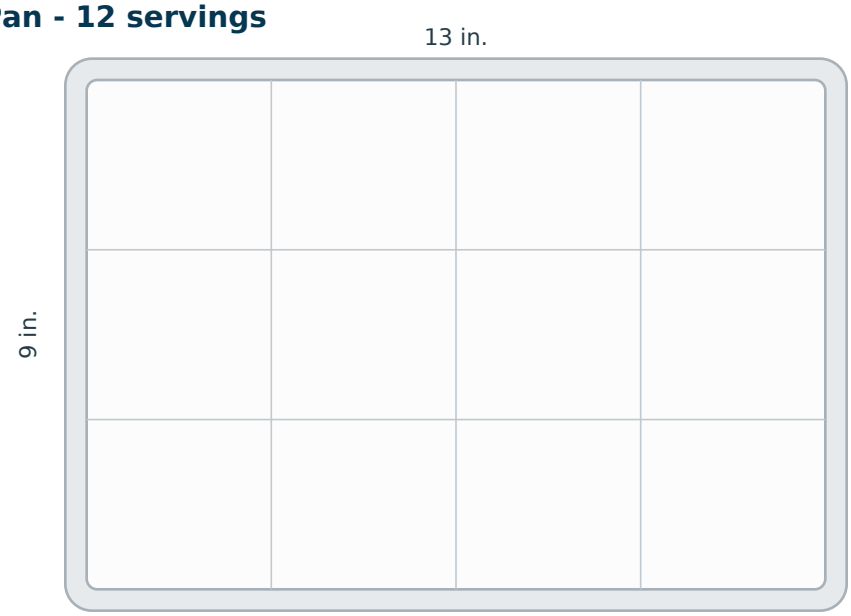
Toast / French Toast / Sandwich Cutting Grid

Half Sheet Pan - 20 servings



Follow Sheet Pan Recipe to prepare a half sheet pan with puree bread. Make 4 vertical cuts and 3 horizontal cuts to create 20 portions (5 × 4 grid).

Quarter Sheet Pan - 12 servings



Follow Sheet Pan Recipe to prepare a quarter sheet pan with puree bread. Make 3 vertical cuts and 2 horizontal cuts to create 12 portions (4 × 3 grid).

Note - these servings are slightly smaller than half sheet pan servings.

Rubicon

Puree Dessert Flavors



Chocolate • Lemon • Apple Spice • Cinnamon • Vanilla Sugar • Peanut Butter

IDDSI Levels 4, 5, 6, 7EC

Use Rubicon Puree Bread Mix with simple ingredients to create a variety of dessert flavors. Choose a flavor below, then follow Scoop & Shape Puree Desserts or Puree Cake & Dessert Bars for shaping instructions.

Product Used: Rubicon Puree Bread Mix

Kitchen Items Needed:

Mixing bowl • Whisk • Thermometer • Liquid & dry measuring cups

Base Mixing Instructions

1. In a mixing bowl, combine Rubicon Puree Bread Mix and the dry ingredients.
2. Add oil, liquid ingredients and hot liquid (175–185°F). Whisk until smooth.

Scoop & Shape: Let the mixture rest for 5–10 minutes before shaping.

Cakes & Dessert Bars: Immediately pour into a prepared hotel pan or cake pan. Follow the shaping sheet for setting and cutting instructions.

Advance Preparation

Mixture may be refrigerated up to 3 days or scooped and frozen up to 3 months before shaping. Follow Advanced Bulk Prep for instructions.

Nutrition shown is for the prepared dessert mixture. Fillings and toppings are additional.

Chocolate

Ingredients	#16 Scoop (6 serv)	#16 Scoop (12 serv)	#16 Scoop (18 serv)
Puree Bread Mix	**1 cup (140g)**	**2 cups (280g)**	**3 cups (420g)**
Sugar	**¼ cup**	**½ cup**	**¾ cup**
Cocoa Powder	**2 Tbsp**	**4 Tbsp**	**6 Tbsp**
Vegetable Oil	**2 Tbsp**	**4 Tbsp**	**6 Tbsp**
Hot Water (175–185°F)	**1¼ cups**	**2½ cups**	**3¾ cups**

Using a #10 scoop for hand pies yields 4, 8, or 12 servings.

For cakes and dessert bars, use the batch containing 3 cups (420g) Puree Bread Mix to yield 16 servings.

Recipe Nutrition

#16 Scoop Serving - Calories: 155 | Fat: 5g | Sodium: 100mg | Carbs: 26g | Sugars: 12g | Protein: 2g

#10 Scoop Serving - Calories: 235 | Fat: 8g | Sodium: 150mg | Carbs: 39g | Sugars: 18g | Protein: 3g

Cake or Bar Serving - Calories: 175 | Fat: 6g | Sodium: 115mg | Carbs: 29g | Sugars: 14g | Protein: 2g

Rubicon

Puree Dessert Flavors



Lemon

Ingredients	#16 Scoop (6 serv)	#16 Scoop (12 serv)	#16 Scoop (18 serv)
Puree Bread Mix	**1 cup (140g)**	**2 cups (280g)**	**3 cups (420g)**
Sugar	**¼ cup**	**½ cup**	**¾ cup**
Lemon Juice	**2 Tbsp**	**4 Tbsp**	**6 Tbsp**
Vegetable Oil	**2 Tbsp**	**4 Tbsp**	**6 Tbsp**
Yellow Food Coloring (optional)	**2 drops**	**4 drops**	**6 drops**
Hot Water (175–185°F)	**1 cup**	**2 cups**	**3 cups**

Using a #10 scoop for hand pies yields 4, 8, or 12 servings.

For cakes and dessert bars, use the batch containing 3 cups (420g) Puree Bread Mix to yield 16 servings.

Recipe Nutrition

#16 Scoop Serving - Calories: 155 | Fat: 5g | Sodium: 100mg | Carbs: 26g | Sugars: 12g | Protein: 2g

#10 Scoop Serving - Calories: 230 | Fat: 8g | Sodium: 150mg | Carbs: 38g | Sugars: 18g | Protein: 3g

Cake or Bar Serving - Calories: 175 | Fat: 6g | Sodium: 115mg | Carbs: 29g | Sugars: 14g | Protein: 2g

Apple Spice

Ingredients	#16 Scoop (6 serv)	#16 Scoop (12 serv)	#16 Scoop (18 serv)
Puree Bread Mix	**1 cup (140g)**	**2 cups (280g)**	**3 cups (420g)**
Brown Sugar	**¼ cup, packed**	**½ cup, packed**	**¾ cup, packed**
Pumpkin Spice Seasoning or Cinnamon	**1 tsp**	**2 tsp**	**3 tsp**
Vegetable Oil	**2 Tbsp**	**4 Tbsp**	**6 Tbsp**
Apple Juice (175–185°F)	**1¼ cups**	**2½ cups**	**3¾ cups**

Using a #10 scoop for hand pies yields 4, 8, or 12 servings.

For cakes and dessert bars, use the batch containing 3 cups (420g) Puree Bread Mix to yield 16 servings.

Recipe Nutrition

#16 Scoop Serving - Calories: 175 | Fat: 5g | Sodium: 100mg | Carbs: 30g | Sugars: 17g | Protein: 2g

#10 Scoop Serving - Calories: 260 | Fat: 8g | Sodium: 150mg | Carbs: 45g | Sugars: 25g | Protein: 3g

Cake or Bar Serving - Calories: 195 | Fat: 6g | Sodium: 115mg | Carbs: 34g | Sugars: 19g | Protein: 2g

Rubicon

Puree Dessert Flavors



Vanilla Sugar or Cinnamon

Ingredients	#16 Scoop (6 serv)	#16 Scoop (12 serv)	#16 Scoop (18 serv)
Puree Bread Mix	**1 cup (140g)**	**2 cups (280g)**	**3 cups (420g)**
Sugar	**¼ cup**	**½ cup**	**¾ cup**
Cinnamon (optional)	**1 tsp**	**2 tsp**	**3 tsp**
Vanilla Extract	**½ tsp**	**1 tsp**	**1½ tsp**
Vegetable Oil	**2 Tbsp**	**4 Tbsp**	**6 Tbsp**
Hot Water (175–185°F)	**1¼ cups**	**2½ cups**	**3¾ cups**

Using a #10 scoop for hand pies yields 4, 8, or 12 servings.

For cakes and dessert bars, use the batch containing 3 cups (420g) Puree Bread Mix to yield 16 servings.

Recipe Nutrition

#16 Scoop Serving - Calories: 150 | Fat: 5g | Sodium: 100mg | Carbs: 25g | Sugars: 12g | Protein: 2g

#10 Scoop Serving - Calories: 230 | Fat: 8g | Sodium: 150mg | Carbs: 38g | Sugars: 18g | Protein: 3g

Cake or Bar Serving - Calories: 170 | Fat: 6g | Sodium: 115mg | Carbs: 28g | Sugars: 14g | Protein: 2g

Peanut Butter

Ingredients	#16 Scoop (6 serv)	#16 Scoop (12 serv)	#16 Scoop (18 serv)
Puree Bread Mix	**1 cup (140g)**	**2 cups (280g)**	**3 cups (420g)**
Peanut Butter Powder (PB2 or equivalent)	**½ cup**	**1 cup**	**1½ cups**
Brown Sugar	**¼ cup, packed**	**½ cup, packed**	**¾ cup, packed**
Vanilla Extract	**½ tsp**	**1 tsp**	**1½ tsp**
Peanut Butter Extract (optional)	**½ tsp**	**1 tsp**	**1½ tsp**
Vegetable Oil	**2 Tbsp**	**4 Tbsp**	**6 Tbsp**
Hot Water (175–185°F)	**1¼ cups**	**2½ cups**	**3¾ cups**

Using a #10 scoop for hand pies yields 4, 8, or 12 servings.

For cakes and dessert bars, use the batch containing 3 cups (420g) Puree Bread Mix to yield 16 servings.

Recipe Nutrition

#16 Scoop Serving - Calories: 195 | Fat: 6g | Sodium: 160mg | Carbs: 29g | Sugars: 14g | Protein: 6g

#10 Scoop Serving - Calories: 295 | Fat: 9g | Sodium: 240mg | Carbs: 43g | Sugars: 21g | Protein: 9g

Cake or Bar Serving - Calories: 220 | Fat: 7g | Sodium: 180mg | Carbs: 32g | Sugars: 16g | Protein: 7g

Scoop & Shape Puree Desserts



Bundt Cakes, Cookies, Donuts, Hand Pies

IDDSI Levels 4, 5, 6, 7EC

Use any Puree Dessert Flavors recipe made with Rubicon Puree Bread Mix to create bundt cakes, cookies, donuts, or hand pies.

Product Used: Rubicon Puree Bread Mix



Shaping Tools Used:

- Silicone bundt cake mold (provided by Rubicon)

Kitchen Items Needed:

Mixing bowl • Whisk • Rubber spatula • Offset spatula • #10 scoop • #16 scoop

Thermometer • Cooking spray • Hotel pan • Liquid & dry measuring cups

Preparation

Prepare the selected Puree Dessert Flavors recipe. Let the mixture rest for 5–10 minutes before shaping.

Dessert Shapes

Cookies

1. Scoop a #16 scoop onto sprayed sheet pan or plate.
2. Spray an offset spatula with oil and flatten each portion to approximately ¼-inch thickness.
3. Optional: Create a # pattern on top using the offset spatula.
4. Garnish with cinnamon sugar, dessert topping, or colored sugar.

Donuts (or thumbprint cookies)

1. Scoop a #16 scoop onto sprayed sheet pan or plate.
2. Using a gloved thumb, press a hole into the center of the scoop.
3. Add donut glaze or garnish with cinnamon sugar, dessert topping, or colored sugar.

Bundt Cakes

1. Spray the silicone bundt cake mold with cooking spray.
2. Add one heaping #16 scoop and press the puree dessert evenly into the mold.
3. Spray sheet pan and flip mold onto pan.
4. Gently pinch the mold to release the dessert.
5. Garnish with cinnamon sugar, dessert topping, or colored sugar.

Scoop & Shape Puree Desserts



Hand Pies

1. Scoop a #10 scoop onto sprayed sheet pan or plate.
2. Spray offset spatula and flatten the scoop.
3. Spoon on dessert topping or thickened pie filling to one half.
4. Fold the other half over the filling.
5. Use a fork to gently press the edges together and create a crimped border.
6. Cut 2 small slits in the top with a knife for appearance.
7. Garnish with cinnamon sugar mixture or dessert topping.

Choose fillings, toppings, and garnishes appropriate for the intended IDDSI level.

Texture & Shaping Tips

Too firm or drying out?

- Puree desserts soften when warmed.
- Add up to 4 Tbsp additional water per 1 cup of dry mix if product is too firm.
- Lower water temperature slightly (closer to 175°F) for softer dessert.

Too sticky?

- After holding prepared product for 15 minutes, stir in up to 2 Tbsp of oil per 1 cup of dry mix. This lightly coats the product, reducing stickiness.

Shaping trouble?

- Recheck recipe measurements and temperature ranges.
- Use a scale for accuracy when possible.
- Chill in freezer for 15 minutes, shape while cold, then reheat covered.

Advance Preparation

- Puree desserts can be prepared in bulk and refrigerated for up to 3 days.
- Portion desserts into scoops and freeze for up to 3 months. See Advanced Bulk Prep for detailed instructions.
- Desserts can be shaped the day before service and stored in a shallow hotel pan.
- Add garnish or topping right before plating.

Reheat

- Desserts may be served at room temperature or warmed.
- Heat covered at 350°F for 5 minutes, until warmed through.
- Keep covered on the tray line until plating.

Puree Cake & Dessert Bars



Cake Wedges, Cake Squares, Dessert Bars, Brownies

IDDSI Levels 4, 5, 6, 7EC

Use any Puree Dessert Flavors recipe made with Rubicon Puree Bread Mix to create cake wedges, cake squares, dessert bars, or brownies.

Product Used: Rubicon Puree Bread Mix

Kitchen Items Needed:

Mixing bowl • Whisk • Rubber spatula • Thermometer • Offset spatula • Knife

Cooking spray • Liquid & dry measuring cups • Half hotel pan • 9-inch cake pan • Sheet pan

Dessert Shapes

Cakes

1. Spray a 9-inch cake pan with cooking spray.
2. Prepare the selected Puree Dessert Flavors recipe using the batch containing 3 cups (420g) Puree Bread Mix. This yields 16 servings.
3. Immediately pour the mixture into the prepared pan and spread evenly using an offset spatula.
4. Let sit for 15 minutes. For easier slicing, chill in the freezer before releasing and cutting.
5. Run a spatula around the edges of pan and flip onto a sheet pan to release.
6. Cut into 16 even wedges.

Cake Squares / Dessert Bars / Brownies

1. Spray a half hotel pan with cooking spray. For light-colored desserts, optionally sprinkle the cinnamon/bread mixture into the pan and shake to coat the bottom evenly.
2. Prepare the selected Puree Dessert Flavors recipe using the batch containing 3 cups (420g) Puree Bread Mix. This yields 16 servings.
3. Immediately pour the mixture into the prepared pan and spread evenly using an offset spatula.
4. Let sit for 15 minutes. For easier slicing, chill in the freezer before releasing and cutting.
5. Run a spatula around the edges of pan and flip onto a sheet pan to release.
6. Make 3 evenly spaced vertical cuts and 3 evenly spaced horizontal cuts to create 16 portions (4 × 4 grid).

Cinnamon/Bread Mixture: Combine ¼ cup bread mix and 1 Tbsp cinnamon.

Puree Cake & Dessert Bars



Toppings & Garnishes

- Pudding works well as a topping for cake or dessert bars.
- Choose fruit and other garnishes appropriate for the intended IDDSI level.
- Dessert toppings in squeeze bottles make it easy to add simple plate decoration.

Texture & Shaping Tips

Too firm or drying out?

- Puree desserts soften when warmed.
- Add up to 4 Tbsp additional water per 1 cup of dry mix if product is too firm.
- Lower water temperature slightly (closer to 175°F) for softer dessert.

Too sticky?

- After holding prepared product for 15 minutes, stir in up to 2 Tbsp of oil per 1 cup of dry mix. This lightly coats the product, reducing stickiness.

Shaping trouble?

- Recheck recipe measurements and temperature ranges.
- Use a scale for accuracy when possible.
- Chill in freezer for 15 minutes, shape while cold, then reheat covered.

Advance Preparation

- Puree desserts can be prepared in bulk and refrigerated for up to 3 days.
- Desserts can be cut and frozen for up to 3 months. See Advanced Bulk Prep for detailed instructions.
- Add garnish or topping right before plating.

Reheat

- Desserts may be served at room temperature or warmed.
- Heat covered at 350°F for 5 minutes, until warmed through.
- Keep covered on the tray line until plating.

Sandwich Bread & Burger Buns



Scoop & Shape

IDDSI Levels 4, 5, 6, 7EC

Use puree bread and the scoop method to create sandwich bread and burger buns. Choose fillings and toppings appropriate for the intended IDDSI level.

Product Used: Rubicon Puree Bread Mix

Shaping Tools Used:

- SimplyThick bread mold (purchase at SimplyThick.com)

Kitchen Items Needed:

Mixing bowl • Whisk • Rubber spatula • Offset spatula • #10 scoop • #16 scoop

Liquid & dry measuring cups • Thermometer • Cooking spray • Sheet pan • Pastry brush

Ingredients

Ingredients	3 burgers / 2 sandwiches	6 burgers / 4 sandwiches	9 burgers / 6 sandwiches
Puree Bread Mix	**1 cup (140g)**	**2 cups (280g)**	**3 cups (420g)**
Vegetable Oil	**2 Tbsp**	**4 Tbsp**	**6 Tbsp**
Hot Water (170-185ºF)	**1.25 cups**	**2.5 cups**	**3.75 cups**

Use two #16 scoops per burger or two #10 scoops per sandwich.

Recipe Nutrition

Burger buns (2) - Calories: 240 | Fat: 10g | Sodium: 200mg | Carbs: 34g | Sugars: 8g | Protein: 4g

Sandwich bread slices (2) - Calories: 380 | Fat: 16g | Sodium: 320mg | Carbs: 54g | Sugars: 12g | Protein: 6g

Nutrition shown is for the bread portion only. Fillings and toppings are additional.

Preparation

1. Combine Puree Bread Mix, oil, and 170–185°F hot water in a mixing bowl. Whisk until smooth.
2. Let the mixture rest for about 5 minutes.

Sandwich Bread & Burger Buns



Shape

Burger Buns

3. Scoop 2 #16 scoops per burger onto sprayed sheet pan.
4. Spray an offset spatula with oil and flatten each portion to approximately ¼-inch thickness.
5. Build sandwiches.
6. Optional: Slightly offset the top bun to show filling.

Sandwich Bread

3. Spray bread mold with oil.
4. Add a #10 scoop to mold and spread in mold using a spatula.
5. Flip out onto sprayed sheet pan. Shape 2 per sandwich.
6. Optional: Cut the sandwich down the center and slightly separate the halves.

Optional Color

Option 1: Mix 1 tsp Kitchen Bouquet with ¼ cup water. Apply using a pastry brush.

Option 2: Sprinkle Rubicon Grilled Coloring Mix onto the buns or into the bread mold before adding the mixture.

Building Sandwiches

Option 1 - Assemble at Service

Warm bread and fillings separately, then assemble directly on the plate.

- If serving a hot sandwich, cover sheet pan with sandwich bread and warm in 350ºF oven for 5 minutes. Hold on top of serving well, to keep warm.
- Bring sandwich fillings up to temperature separately and hold on tray line.
- Build sandwich to the plate - bottom slice, filling, garnish, top slice.

Option 2 - Assemble in Advance

For larger quantities, assemble sandwiches in a shallow hotel pan with fillings at temperature. Cover and hold for service.

- Build sandwiches in a shallow hotel pan with fillings at temperature. Slice or configure how you want it to look on the plate.
- Cover and hold at temperature on tray line. Bread will warm.
- Spray offset spatula and move the sandwiches to the plate.

Sandwich Bread & Burger Buns



Texture & Shaping Tips

Too firm or drying out?

- Puree bread softens when warmed.
- Add up to 4 Tbsp additional water per 1 cup of dry mix if product is too firm.
- Lower water temperature slightly (closer to 170°F) for softer bread.

Too sticky?

- After holding prepared product for 15 minutes, stir in up to 2 Tbsp of oil per 1 cup of dry mix. This lightly coats the product, reducing stickiness.

Shaping trouble?

- Recheck recipe measurements and temperature ranges.
- Use a scale for accuracy when possible.
- Chill in freezer for 15 minutes, shape while cold, then reheat covered in a 350ºF oven or steamer.

Advance Preparation

- Sandwich bread can be bulk prepared and stored up to 3 days refrigerated.
- Bulk prep and freeze for up to 3 months.

Scoop & Shape Puree Tacos & Pizza



IDDSI Levels 4, 5, 6, 7EC

Use puree bread and the scoop method to create soft taco shells and pizza crusts. Choose fillings and toppings appropriate for the intended IDDSI level.

Product Used: Rubicon Puree Bread Mix

Kitchen Items Needed:

- Mixing bowl
- Rubber spatula
- #8 scoop
- Liquid & dry measuring cups
- Cooking spray
- Whisk
- Offset spatula
- #16 scoop
- Thermometer
- Sheet pan

Ingredients

Ingredients	6 tacos / 3 pizzas	12 tacos / 6 pizzas	18 tacos / 9 pizzas
Puree Bread Mix	**1 cup (140g)**	**2 cups (280g)**	**3 cups (420g)**
Vegetable Oil	**2 Tbsp**	**4 Tbsp**	**6 Tbsp**
Hot Water (170-185ºF)	**1.25 cups**	**2.5 cups**	**3.75 cups**

Use a #16 scoop for taco shells or a #8 scoop for pizza crusts.

Recipe Nutrition

Taco (#16 scoop) - Calories: 120 | Fat: 5g | Sodium: 100mg | Carbs: 17g | Sugars: 4g | Protein: 2g

Pizza (#8 scoop) - Calories: 240 | Fat: 10g | Sodium: 200mg | Carbs: 34g | Sugars: 8g | Protein: 4g

Nutrition shown is for the bread portion only. Fillings and toppings are additional.

Preparation

1. Combine Puree Bread Mix, oil, and 170–185°F hot water in a mixing bowl. Whisk until smooth.
2. Let the mixture rest for about 5 minutes.

Scoop & Shape
Puree Tacos & Pizza



Shape

Tacos

3. Scoop #16 scoops onto sprayed sheet pan.
4. Spray an offset spatula with oil and flatten each portion to approximately ¼-inch thickness.
5. Add taco puree protein to one side of scoop.
6. Fold taco over filling.
7. Use squeeze bottles to add toppings such as Rubicon Cheddar Cheese Spread or thickened sour cream.

Pizza

8. Scoop #8 scoops onto sprayed sheet pan.
9. Spray an offset spatula with oil and flatten scoops to 1/4 inch thickness.
10. Add toppings
    - Spread a small amount of smooth, pureed marinara sauce or pesto, thickened as needed.
    - Spoon on dollops of Rubicon Cheddar Cheese Spread or ricotta.
    - Add pureed toppings such as Rubicon Puree Bacon Mix or pureed, thickened vegetables.
    - Drizzle lightly with olive oil.

Texture & Shaping Tips

Too firm or drying out?

- Puree bread softens when warmed.
- Add up to 4 Tbsp additional water per 1 cup of dry mix if product is too firm.
- Lower water temperature slightly (closer to 170°F) for softer bread.

Too sticky?

- After holding prepared product for 15 minutes, stir in up to 2 Tbsp of oil per 1 cup of dry mix. This lightly coats the product, reducing stickiness.

Shaping trouble?

- Recheck recipe measurements and temperature ranges.
- Use a scale for accuracy when possible.
- Chill in freezer for 15 minutes, shape while cold, then reheat covered in a 350ºF oven or steamer.

Advance Preparation

- Tacos or pizzas can be bulk prepared and stored up to 3 days refrigerated.
- Bulk prep and freeze for up to 3 months.

Reheat

- Keep covered and heat at 350°F for 8 minutes until warmed through.
- Keep covered on the tray line until plating.

Rubicon

Bulk Puree Grilled Sandwiches



12 or 20 Servings

IDDSI Levels 4, 5, 6, 7EC

Use puree bread to create grilled sandwiches in bulk using sheet pans. Choose fillings appropriate for the intended IDDSI level.

Product Used: Rubicon Puree Bread Mix, Rubicon Grilled Coloring Mix

Kitchen Items Needed:

Mixing bowl • Whisk • Rubber spatula • Offset spatula • 2 sheet pans (quarter or half) • Liquid & dry measuring cups • Thermometer • Cooking spray • Sheet pan

Ingredients

Ingredients	12 Sandwiches (2 Quarter Sheet Pans)	20 Sandwiches (2 Half Sheet Pans)
Rubicon Puree Bread Mix	**1¾ cups (245g)**	**3½ cups (490g)**
Rubicon Grilled Coloring Mix	**2 Tbsp (1 pan only)**	**¼ cup (1 pan only)**
Vegetable Oil	**3 Tbsp**	**6 Tbsp**
Hot Water (170-185ºF)	**2 cups**	**4 cups**
Sandwich filling	**as needed**	**as needed**

Bread mix, oil, and water amounts are for one sheet pan. Prepare twice to make the top and bottom layers. Coloring mix is used on the top layer only.

Recipe Nutrition - Bread only

Sandwich (20 serv) - Calories: 240 | Fat: 10g | Sodium: 210mg | Carbs: 36g | Sugars: 8g | Protein: 4g

Sandwich (12 serv) - Calories: 200 | Fat: 8g | Sodium: 180mg | Carbs: 30g | Sugars: 6g | Protein: 4g

Nutrition shown is for the top and bottom bread layers only. Fillings and toppings are additional.

Sheet Pan Preparation

1. Spray 2 sheet pans generously with oil.
2. Sprinkle Grilled Toast Coloring Mix over one pan (top slice) and shake to coat the bottom evenly.
3. In a mixing bowl, whisk Puree Bread Mix, vegetable oil and 170–185°F hot water until whisk marks begin to form. Temperature is critical — cooler water = softer product.
4. Immediately spread mixture onto prepared sheet pan. Spread evenly using an offset spatula with long, smooth strokes. Avoid lifting the mixture while spreading.
5. Repeat steps 3-4 for the second sheet pan (bottom slice).
6. Let both pans sit for 15 minutes uncovered before shaping or covering for storage.

Bulk Puree Grilled Sandwiches



Portion & Shape

7. After 15 minutes, spread sandwich filling evenly over the bottom slice (pan without coloring mix).
   - Use fillings that hold shape (e.g., ricotta-based spreads, thickened proteins).
   - Avoid overly runny fillings.
8. Run spatula around outside edges of colored sheet pan.
9. Align the long edges of the 2 sheet pans and flip the colored pan onto the filled bottom layer.
10. Remove the top pan, leaving a fully assembled sheet pan sandwich.
11. Slice into portions following the Sandwich Cutting Grid.
    - 12 sandwiches: Make 3 vertical cuts and 2 horizontal cuts for a 4 × 3 grid.
    - 20 sandwiches: Make 4 vertical cuts and 3 horizontal cuts for a 5 × 4 grid.

Note - ¼ sheet pan servings are slightly smaller.

Texture & Shaping Tips

Too firm or drying out?

- Puree bread softens when warmed.
- Add up to 4 Tbsp additional water per 1 cup of dry mix if product is too firm.
- Lower water temperature slightly (closer to 170°F) for softer bread.

Shaping trouble?

- Recheck recipe measurements and temperature ranges.
- Use a scale for accuracy when possible.
- Chill in freezer for 15 minutes, shape while cold, then reheat covered in a 350ºF oven or steamer.

Advance Preparation

- Sandwiches can be prepared in bulk and refrigerated for up to 3 days.

Reheat

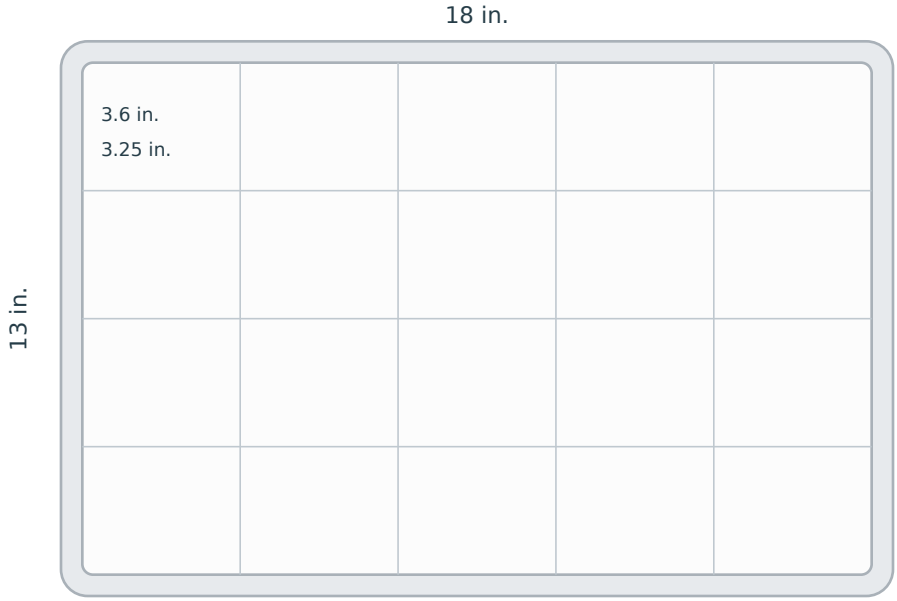
- Reheat covered at 350°F until internal temperature reaches 165°F.
- If bread is drying out, place portions in a perforated hotel pan nested over a solid hotel pan containing a small amount of water. Cover to create a moist reheating environment.
- Keep covered on the tray line until plating.

Bulk Puree Grilled Sandwiches



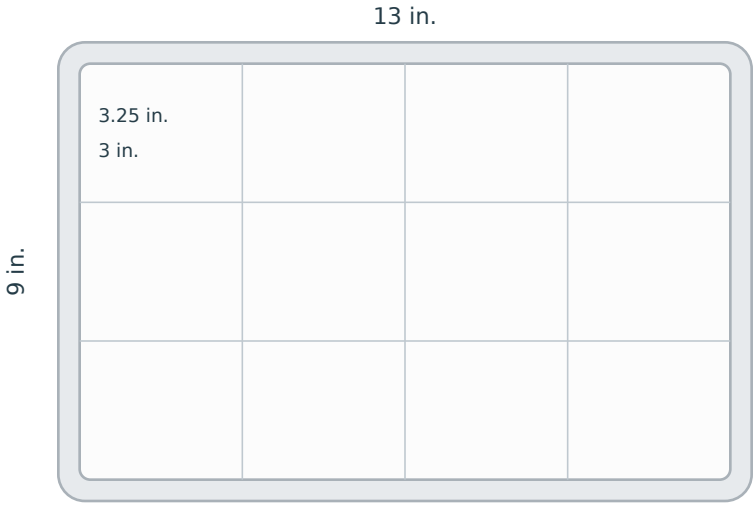
Sandwich Cutting Grid

Half Sheet Pan - 20 servings



After assembling the sandwich layers, make 4 vertical cuts and 3 horizontal cuts to create 20 portions (5 × 4 grid).

Quarter Sheet Pan - 12 servings



After assembling the sandwich layers, make 3 vertical cuts and 2 horizontal cuts to create 12 portions (4 × 3 grid).

Note - these servings are slightly smaller than half sheet pan servings.

Cheddar Cheese Spread



For texture modified sandwiches, pizza or tacos.

IDDSI Levels 4, 5, 6, 7EC

Product Used: Rubicon Puree Bread Mix, Rubicon M&C Base Mix

Kitchen Items Needed:

- Mixing bowl
- Rubber spatula
- Dry measuring cups

Ingredients

Ingredients	Yield: 10 servings (2 Tbsp each)
M&C Base Mix	**0.25 cup (30 g)**
Whole-Milk Ricotta Cheese	**1 cup**

Preparation

1. Add ricotta into a mixing bowl or cambro.
2. Vigorously fold M&C Base Mix into ricotta using a rubber spatula until fully smooth and uniform.
3. Use as a cheese spread in puree grilled cheese, sandwiches, pizza & taco fillings - see Rubicon recipes.

Benefits of Cheddar Cheese Spread

- Proper IDDSI Level 4 texture. Can be served cold, room temp or warmed.
- Traditional cheese sauces can harden or create a film as it sits. This cheese spread remains smooth and stable, even at room temperature.
- Holds it’s shape and won’t ooze out of sandwiches.

Recipe Nutrition

M&C Base Mix Only (30 g)

Calories: 130 | Fat: 7g | Sodium: 530mg | Carbs: 18g | Sugars: 0g | Protein: 2g

Cheddar Recipe - 2 Tbsp

Calories: 55 | Fat: 4g | Sodium: 70mg | Carbs: 3g | Sugars: 0g | Protein: 3.5g

Puree Rice & Pasta



Shaped Rice • Spaghetti • Fettuccine • Elbow Macaroni

IDDSI Levels 4, 5

Product Used: Rubicon Puree Pasta Mix or Rubicon Puree Rice Mix

Shaping Tools Used:

- Shaping ricer (provided by Rubicon)



Small hole disc - spaghetti or rice

Flat noodle disc - fettuccine or butter noodles

Large hole disc - elbow macaroni

Kitchen Items Needed:

Saucepan • Whisk • Rubber spatula • Thermometer • #10 scoop • Hotel pan

Liquid & dry measuring cups

Ingredients

Ingredients	#10 Scoop (5 serv)	#10 Scoop (10 serv)	#10 Scoop (15 serv)
Puree Rice or Pasta Mix	**¾ cup (120g)**	**1½ cups (240g)**	**2¼ cups (360g)**
Broth or Hot Water (170-185ºF)	**2 cups**	**4 cups**	**6 cups**

Use one #10 scoop for a side portion or two #10 scoops for an entrée portion. Table yields are based on side portions.

Puree Rice Mix is a great base for flavor. Add finely ground seasonings such as garlic powder, onion powder, paprika, ground herbs, citrus juice or powdered parmesan to create different flavor variations.

Recipe Nutrition

Rice — one #10 scoop - Calories: 90 | Fat: 1.5g | Sodium: 210mg | Carbs: 17g | Sugars: 0g | Protein: 1g

Pasta — one #10 scoop - Calories: 65 | Fat: 1.5g | Sodium: 115mg | Carbs: 16g | Sugars: 0g | Protein: 2g

Nutrition varies with broth, added seasonings, sauces, and toppings.

Preparation

1. Heat water or broth in a saucepan to 170–185°F.
2. Slowly whisk in the Puree Rice or Pasta Mix until fully combined.
3. Continue heating and whisking until the mixture reaches 180–190°F and fully thickens.
4. Transfer to a hotel pan and hold covered at the required serving temperature.

Puree Rice & Pasta



Shape Using the Ricer

1. Insert the selected shaping disc into the ricer. Rest the ricer over the hotel pan between uses.
2. Place the ricer over the plate or pan.
3. Add one #10 scoop for a side or two #10 scoops for an entrée portion.
4. Pump the ricer to shape the product onto the plate.

Shaping Options

- Small hole disc – spaghetti or rice
- Flat noodle disc – fettuccine, butter noodles
- Large hole disc – elbow macaroni

For spaghetti or fettuccine, pump the ricer in a continuous circle, ending in the center.

For elbow macaroni or rice, pump short strands while catching them on the plate.

Texture & Shaping Tips

Too firm or drying out?

- Add up to 4 Tbsp additional water per 1 cup of dry mix if product is too firm.

Too sticky?

- After holding prepared product for 15 minutes, stir in up to 2 Tbsp of oil per 1 cup of dry mix. This lightly coats the product, reducing stickiness.

Shaping trouble?

- Recheck recipe measurements and temperature ranges.
- Use a scale for accuracy when possible.
- While heating, check the temperature in several spots to ensure the mixture reaches 180–190°F throughout.

Advance Preparation

- Puree rice or pasta can be prepared in bulk and refrigerated for up to 3 days.
- Bulk prep and freeze for up to 3 months. See Advanced Bulk Prep for detailed instructions.
- Add garnish or sauce right before serving.

Puree Rice & Pasta



Prepare the Mix





Scoop into Ricer and Shape





M&C and Alfredo

IDDSI Levels 4-7

For Level 4, whisk Rubicon M&C or Alfredo Base Mix with Puree Pasta Mix and water, then heat until thickened. For Level 7, prepare with regular pasta; soften and cut for Level 6, or finely mince for Level 5. Test modified textures before serving.





IDDSI Level 4 Puree M&C and Alfredo

Ingredients	**Yield: (5) #10 Scoops (130g per serving)**
Rubicon Macaroni & Cheese Base Mix #18104 or Rubicon Alfredo Base Mix #19104	**1/2 cup (60 g)**
Rubicon Puree Pasta Mix #20213	**3/4 cup (120 g)**
Tap Water	**2 cups (472 g)**

Preparation

1. Pour tap water into a stovetop pan.
2. Add in the cheese base mix and slowly whisk in the puree pasta mix.
3. While continuing to stir on medium heat, bring the mixture to 180° - 190° F.
4. Transfer to a serving pan and hold covered on the serving line according to state regulations.
5. Serve using a #10 scoop.
6. For optional puree shaped macaroni & cheese, run the #10 scoop through the shaping ricer onto the plate. (Shaping ricer available upon request by Rubicon Foods.)
7. To achieve 14g protein, match up with 2 oz. of puree ham.

Recipe Nutrition

M&C Recipe Nutrition

3.25 oz. #10 Scoop (130g)

Calories 120 • Total Fat 4g
Cholesterol 2mg • Sodium 345mg
Total Carbs 24g • Fiber 1g
Sugars 3g • Protein 3g

Alfredo Recipe Nutrition

3.25 oz. #10 Scoop (128g)

Calories 110 • Total Fat 4g
Cholesterol 3mg • Sodium 410mg
Total Carbs 21g • Fiber 1g
Sugars 2g • Protein 3g

M&C and Alfredo

Level 7 - Regular | Recipe Summary

Cooked-pasta recipes provide the starting point for Levels 6 and 5.

Macaroni & Cheese



Combine Rubicon M&C Base Mix #18104, hot water and uncooked elbow pasta. Cover and bake at 350°F (convection) for 40 minutes, then stir in shredded cheddar and sour cream.

Alfredo



Combine Rubicon Alfredo Base Mix #19104, hot water and uncooked penne pasta. Cover and bake at 350°F (convection) for 40 minutes, then stir in cream cheese, Parmesan and optional parsley.

Each original batch yields 11 one-cup servings. Bake 10 minutes longer if liquid remains or when preparing larger batches.

Level 6 - Soft & Bite-Sized



Cut soft cooked pasta into pieces no larger than **1.5 cm x 1.5 cm for adults**. Keep moist with a smooth sauce and no separate thin liquid.

Check: With the IDDSI Fork Pressure Test, press until the thumbnail turns white. Pasta should squash completely and remain squashed.

Level 5 - Minced & Moist



Finely mince soft pasta to particles **no more than 4 mm wide and 15 mm long for adults**. Keep moist and cohesive, with no separate thin liquid.

Check: Particles mash easily with light fork pressure, **without the thumbnail turning white**. Food mounds on a fork without liquid dripping or loose crumbles. It holds its shape on a spoon, then slides off when tilted or gently flicked, leaving little residue. It must not be firm or sticky.

Adult texture guidance: IDDSI Framework and Testing Methods | iddsi.org

Check at serving temperature and follow the resident's prescribed IDDSI level. Processing alone does not establish that a dish meets the required level.

Rubicon

Puree Proteins

Chicken, Pork, Beef, Fish



IDDSI Level 4

Use this method to prepare and shape pureed chicken, pork, beef, fish, or meatloaf.

Product Used: Rubicon Puree Protein Shaping Mix

Shaping Tools Used:

- 4 protein molds (provided with case purchase, dishwasher safe & reusable)
- Dredge cup with Rubicon Grilled Coloring Mix (provided with case purchase)

Kitchen Items Needed:

- Food processor
- Rubber spatula
- Liquid & dry measuring cups
- Scale
- Hotel pan
- Thermometer
- Cooking spray
- #10 or #8 scoop

Ingredients

Each serving uses 2 or 3 oz cooked protein.

Ingredient	1 serving	8 servings
Rubicon Puree Shaping Mix	**1.5 Tbsp (12g)**	**0.75 cup (96g)**
Cooked & drained protein (chicken, beef, pork, fish, meatloaf)	**2 or 3 oz**	**16 or 24 oz**
Hot water or broth (170-185ºF)	**0.25 cup**	**2 cups**
Rubicon Grilled Coloring Mix	**as needed**	**as needed**

For thicker consistency: add an additional ½ Tbsp shaping mix per serving.

Cooked protein per portion: #10 scoop = 2 oz; #8 scoop = 3 oz.

Shaping Mix Nutrition — Add to the Nutrition of Your 2 or 3 oz. Cooked Protein

12g Dry Mix- Calories: 50 | Fat: 1g | Sodium: 30mg | Carbs: 7g | Sugars: 0g | Protein: 2g

Preparation

1. In a food processor, combine cooked & drained protein, shaping mix, and hot liquid (water or broth).
2. Process on high until completely smooth.
3. Stop and scrape sides as needed. Texture should be smooth with no visible lumps.
4. Transfer mixture to a steam table pan.
5. Cover with foil and heat in a 350°F oven for 15–20 minutes, until internal temperature reaches 165°F. This step activates the shaping mix and thickens the product.
6. Stir mixture and hold covered for service according to facility guidelines.

Puree Proteins

Chicken, Pork, Beef, Fish



Shaping Method 1: On the Line
(Low Volume)

1. Spray mold lightly with food release (spray every few uses).
2. Sprinkle grilled coloring mix into mold.
3. Scoop puree into mold and spread evenly. Cooked protein: #10 = 2 oz; #8 = 3 oz
4. Flip mold onto plate and remove mold. Press in center to release protein.

Shaping Method 2: Pre-Mold
(High Volume / Recommended)

This method significantly improves speed on tray line.

1. Spray molds and sprinkle with grilled coloring mix.
2. At temperature, scoop and spread puree protein into molds.
3. Place molded proteins into a hotel pan facing up.
4. Add a small amount of water to bottom of the pan.
5. Cover and hold in warming oven or on steam table to create a steam bath environment to maintain moisture.
6. At service, flip molds directly onto plate.

Protein Preparation Tips

- Use moist cooking methods: poaching, steaming (fish, chicken); braising (beef, pork).
- Avoid: dry cooking methods (grilling, roasting, frying), creating a crust or char.
- Match broth to protein when possible:
  Chicken → chicken broth
  Beef → beef broth
  Fish → fish stock

Water may be used; matching broth to the protein adds flavor. Nutrition varies with the liquid used.

Texture & Shaping Tips

Too firm or drying out?

- Add up to 4 Tbsp additional water or broth per 8 oz of protein if end result is too firm.

Too sticky?

- After holding prepared product for 15 minutes, stir in up to 2 Tbsp of oil per 8 oz of protein. This lightly coats the puree, reducing stickiness.

Shaping trouble?

- Recheck recipe measurements and temperature ranges.
- Use a scale for accuracy when possible.

Advance Preparation

- Puree Proteins can be made in bulk and frozen as a scoop in their serving size. See Advanced Bulk Prep for more detailed instructions.

Reheat

- Keep covered and heat at 350°F until internal temperature meets 165ºF.

Puree Proteins

Chicken, Pork, Beef, Fish



Prepare the Mix, Cover & Heat





Scoop into Mold





Release onto Plate





Shaping Tools



Reusable protein molds create familiar chicken, pork, beef, and fish shapes. Use the dredge cup to sprinkle Rubicon Grilled Coloring Mix into the molds before filling.