



## 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](http://SimplyThick.com))

### Kitchen Items Needed:

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

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 (170-185°F)	1.25 cups	2.5 cups	3.75 cups

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

### 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 chosen mold with oil. Option to sprinkle with cinnamon for darker color. Scoop and press into mold.
  - 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 (#10) and flatten with sprayed offset spatula.  
(Alternatively use two #20 scoops stacked.)
4. Plate and finish with appropriate toppings such as maple syrup, cinnamon sugar, or icing.

### 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.



## Texture & Shaping Tips

*Scoop Breakfast items are suitable for IDDSI Levels 4, 5, 6 & 7EC.*

### 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 350°F oven or steamer.

---

## 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

## 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 (10 servings) or half sheet pan (20 servings) • Liquid & dry measuring cups • Thermometer • Cooking spray • Hotel pan

Ingredients	10 serv (1/4 sheet pan)	20 serv (1/2 sheet pan)
<b>Puree Bread Mix</b> Best to weigh	1.75 cups (245g)	3.5 cups (490g)
<b>Cinnamon Bread Mixture</b> Combine 1/4 cup bread mix & 1Tbsp cinnamon	1-2 Tbsp	2-2 Tbsp
<b>Vegetable Oil</b>	3 Tbsp	6 Tbsp
<b>Hot Water (170-185°F)</b>	2 cups	4 cups

### 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.

### 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.



### 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.

### Texture & Shaping Tips

*Scoop Breakfast items are suitable for IDDSI Levels 4, 5, 6 & 7EC.*

#### 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 350°F oven or steamer.

---

### Recipe Nutrition

**Sheet Pan Breakfast** - Calories: 120 | Fat: 5g | Sodium: 105mg | Carbs: 18g | Sugars: 4g | Protein: 2g  
**Pancake nutrition is dependant on size of round cutter used.**

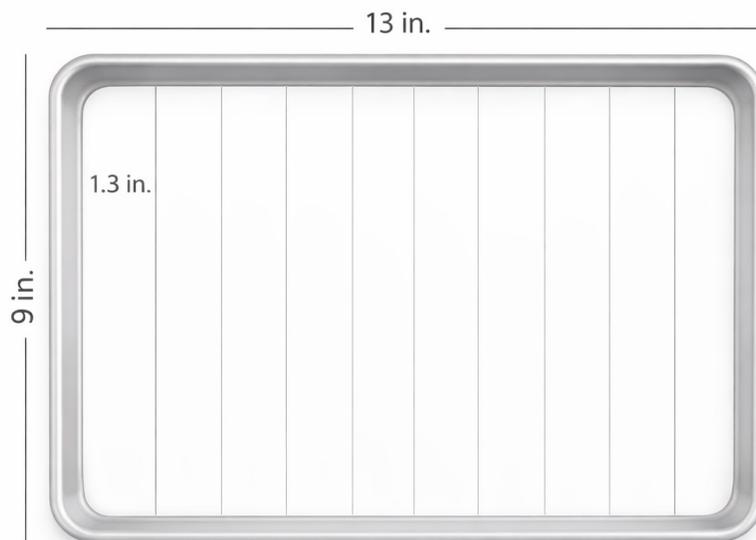
## Cinnamon Roll Cutting Grid

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.

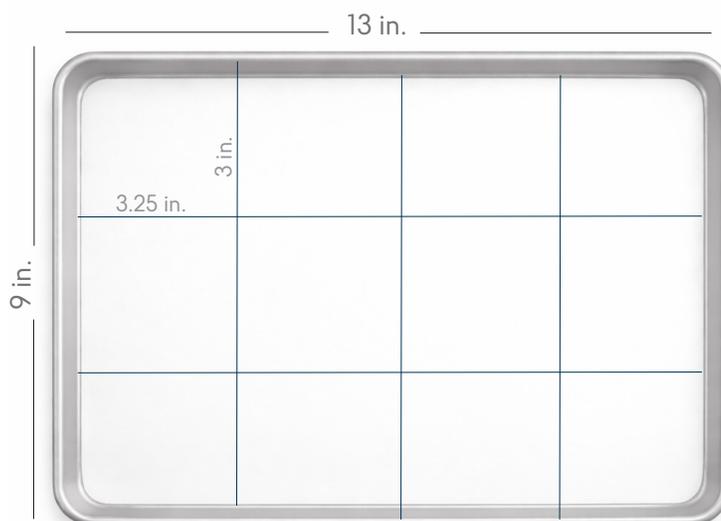
## Toast / French Toast / Sandwich Cutting Grid

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 (3 × 4 grid).  
Note - these servings are slightly smaller than half sheet pan servings.



## Puree Dessert Flavors

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

IDDSI Levels 4, 5, 6, 7EC

Create a variety of pureed desserts by mixing Rubicon Puree Bread Mix with simple ingredients. These dessert flavors can be shaped into cookies, donuts, bundt cakes, dessert bars, cake wedges, or hand pies.

**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 dry ingredients.
2. Add oil, liquid ingredients and hot liquid (175-185°F). Whisk until smooth.
3. Let mixture rest 5–10 minutes before shaping.

Follow **Scoop & Shape Puree Dessert Recipes** or pour immediately into a prepared hotel pan or cake pan for **Puree Cake & Dessert Bar Recipes**.

### Make Ahead

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

## 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	0.25 cup	0.5 cup	0.75 cup
Cocoa Powder	2 Tbsp	4 Tbsp	6 Tbsp
Vegetable Oil	2 Tbsp	4 Tbsp	6 Tbsp
Hot Water (175-185°F)	1.25 cups	2.5 cups	3.75 cups

**#10 scoop for hand pies** yields 4, 8, or 12 servings depending on batch size.

**Puree Cake & Dessert Bar Recipe** uses 3 cups Puree Bread Mix & yields 16 servings.

### Recipe Nutrition

- #16 Scoop Serv** - Calories: 155 | Fat: 5g | Sodium: 100mg | Carbs: 26g | Sugars: 12g | Protein: 2g
- #10 Scoop Serv** - Calories: 235 | Fat: 8g | Sodium: 150mg | Carbs: 39g | Sugars: 18g | Protein: 3g
- Cake or Bar Serv** - Calories: 175 | Fat: 6g | Sodium: 115mg | Carbs: 29g | Sugars: 14g | Protein: 2g

## 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	0.25 cup	0.5 cup	0.75 cup
Lemon Juice	2 Tbsp	4 Tbsp	6 Tbsp
Vegetable Oil	2 Tbsp	4 Tbsp	6 Tbsp
Yellow Food Coloring <i>(optional)</i>	2 drops	4 drops	6 drops
Hot Water (175-185°F)	1 cup	2 cups	3 cups

#10 scoop for hand pies yields 4, 8, or 12 servings depending on batch size.

Puree Cake & Dessert Bar Recipe uses 3 cups Puree Bread Mix & yields 16 servings.

### Recipe Nutrition

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

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

**Cake or Bar Serv** - 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	0.25 cup, packed	0.5 cup, packed	0.75 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)	1.25 cups	2.5 cups	3.75 cups

#10 scoop for hand pies yields 4, 8, or 12 servings depending on batch size.

Puree Cake & Dessert Bar Recipe uses 3 cups Puree Bread Mix & yields 16 servings.

### Recipe Nutrition

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

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

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

## 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	0.25 cup	0.5 cup	0.75 cup
Cinnamon (optional)	1 tsp	2 tsp	3 tsp
Vanilla Extract	0.5 tsp	1 tsp	1.5 tsp
Vegetable Oil	2 Tbsp	4 Tbsp	6 Tbsp
Hot Water (170-185°F)	1.25 cups	2.5 cups	3.75 cups

**#10 scoop for hand pies** yields 4, 8, or 12 servings depending on batch size.

**Puree Cake & Dessert Bar Recipe** uses 3 cups Puree Bread Mix & yields 16 servings.

### Recipe Nutrition

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

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

**Cake or Bar Serv** - 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)	0.5 cup	1 cup	1.5 cups
Brown Sugar	0.25 cup, packed	0.5 cup, packed	0.75 cup, packed
Vanilla Extract	0.5 tsp	1 tsp	1.5 tsp
Peanut Butter Extract (optional)	0.5 tsp	1 tsp	1.5 tsp
Vegetable Oil	2 Tbsp	4 Tbsp	6 Tbsp
Hot Water (170-185°F)	1.25 cups	2.5 cups	3.75 cups

**#10 scoop for hand pies** yields 4, 8, or 12 servings depending on batch size.

**Puree Cake & Dessert Bar Recipe** uses 3 cups Puree Bread Mix & yields 16 servings.

### Recipe Nutrition

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

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

**Cake or Bar Serv** - 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

*Using any Puree Dessert Flavor recipe with Rubicon Puree Bread Mix, follow these steps to shape desserts into recognizable menu items.*

---

**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

## **Dessert Shapes**

### **Cookies**

1. Scoop a #16 scoop onto sprayed sheet pan or plate.
2. Spray offset spatula and flatten scoop til  $\frac{1}{4}$  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 silicone bundt cake molds.
2. Scoop a heaping #16 scoop into mold and press puree dessert 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.

## 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 press the outer edges together and create pie grooves.
6. Cut 3 small airholes in the top with a knife.
7. Garnish with cinnamon sugar mixture or dessert topping.

## Advance Preparation

- Puree Desserts can be bulk prepared and stored up to 3 days refrigerated.
- Desserts can be scooped out and frozen 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 can be served room temp or warmed.
- Heat covered at 350°F for 5 minutes, until warmed through.
- Keep covered on the tray line until plating.

## Texture & Shaping Tips

*Scoop desserts are suitable for IDDSI Levels 4, 5, 6 & 7EC.*

### 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.



## **Puree Cake & Dessert Bars** - Cake Wedges, Cake Squares, Dessert Bars, Brownies

IDDSI Levels 4, 5, 6, 7EC

*Using any Puree Dessert Flavor recipe with Rubicon Puree Bread Mix, follow these steps to shape desserts into recognizable menu items.*

---

**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" Cake Pan • Sheet Pan

## **Dessert Shapes**

### **Cakes**

1. Spray cake pan with cooking spray.
2. Follow Base Recipe instructions from Puree Dessert Flavors recipes.
3. Immediately pour into prepared pan and smooth evenly with spatula.
4. Let sit for 15 minutes. Place in freezer for easier slicing.
5. Run a spatula around the edges of pan and flip onto a sheet pan to release.
6. Cut into 16 even slices.

### **Cake Squares / Dessert Bars / Brownies**

1. Spray half hotel pan with cooking spray. If serving light colored dessert, option to coat bottom of the pan with cinnamon/bread mixture to give a baked appearance.
2. Follow Base Recipe instructions from Puree Dessert Flavors recipes.
3. Immediately pour into prepared pan and smooth out top evenly with spatula.
4. Let sit for 15 minutes. Place in freezer for easier slicing.
5. Run a spatula around the edges of pan and flip onto a sheet pan to release.
6. Make 3 even cuts vertical and horizontal to create 16 portions (4x4 grid).

### **Topping/Garnish**

- Pudding works well as a topping for cake or dessert bars.
- Chopped fruit or other garnishes may be used for higher IDDSI levels.
- Dessert toppings in squeeze bottles make it easy to add simple plate decoration.

### **Advance Preparation**

- Puree Desserts can be bulk prepared and stored up to 3 days refrigerated.
- 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 can be served room temp or warmed.
- Heat covered at 350°F for 5 minutes, until warmed through.
- Keep covered on the tray line until plating.

### **Texture & Shaping Tips**

*Puree desserts are suitable for IDDSI Levels 4, 5, 6 & 7EC.*

#### **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.

## Scoop & Shape - Puree Sandwich Bread & Burger Buns

IDDSI Levels 4, 5, 6, 7EC

Puree bread can be used to build sandwiches such as grilled cheese, burgers, tacos, and pizza using the scoop method. Use appropriate IDDSI diet level filling.

**Product Used:** Rubicon Puree Bread Mix

### Shaping Tools Used:

- SimplyThick bread mold (purchase at [SimplyThick.com](http://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	2 #16 Scoop (3 serv)	2 #16 Scoop (6 serv)	2 #16 Scoop (9 serv)
Puree Bread Mix	1 cup (140g)	2 cups (280g)	3 cups (420g)
Vegetable Oil	2 Tbsp	4 Tbsp	6 Tbsp
Hot Water (170-185°F)	1.25 cups	2.5 cups	3.75 cups

Using 2 #10 scoop for sandwich bread yields 2, 4, or 6 servings.

### 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.

### Shape

#### Burger Buns

3. Scoop 2 #16 scoops per burger onto sprayed sheet pan.
4. Spray offset spatula with oil and flatten scoops to ¼ inch.
5. Build sandwiches.
6. Option to 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 sheetpan. Shape 2 per sandwich.
6. Option to cut sandwich down center and slightly separate.

### Optional Color

**Option 1** - Mix 1 tsp Kitchen Bouquet to ¼ cup water. Brush on using a pastry brush.

**Option 2** - Sprinkle **Rubicon Grilled Coloring Mix** onto buns or into mold before adding bread.



## Building Sandwiches

**Option 1** - Build to the plate - *this option is best to keep proteins at proper temperature, without drying out sandwich bread.*

- If serving a hot sandwich, cover sheet pan with sandwich bread and warm in 350°F 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** - Build in advance - *this option is best if you have larger numbers of sandwiches to serve, to not slow down time on the line.*

- 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.

## Advance Preparation

- Sandwich bread can be bulk prepared and stored up to 3 days refrigerated.
- Bulk prep and freeze for up to 3 months. See **Advanced Bulk Prep** for detailed instructions.

## 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 350°F oven or steamer.

## Recipe Nutrition

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

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

## Scoop & Shape - Puree Tacos & Pizza

IDDSI Levels 4, 5, 6, 7EC

Puree bread can be used to build pizza crust and soft taco shells using the scoop method. Use appropriate IDDSI diet level filling.

**Product Used:** Rubicon Puree Bread Mix

### Kitchen Items Needed:

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

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)
Vegetable Oil	2 Tbsp	4 Tbsp	6 Tbsp
Hot Water (170-185°F)	1.25 cups	2.5 cups	3.75 cups

Using #8 scoop for pizza yields 3, 6, or 9 servings.

### 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.

### Shape

#### Tacos

3. Scoop #16 scoops onto sprayed sheet pan.
4. Spray offset spatula with oil and flatten scoops to ¼ inch.
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 thickened and processed marinara sauce or pesto.
  - 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.



### 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. See **Advanced Bulk Prep** for detailed instructions.

### Texture & Shaping Tips

*Puree pizza crusts and taco shells are suitable for IDDSI Levels 4, 5, 6 & 7EC.*

### 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 350°F oven or steamer.

---

### 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

## Bulk Puree Grilled Sandwiches - 10 or 20 Servings

IDDSI Levels 4, 5, 6, 7EC

Use puree bread to create bulk sheet pan sandwiches. Select fillings based on appropriate IDDSI diet 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	12 Sandwiches <i>(2 Quarter Sheet Pans)</i>	20 Sandwiches <i>(2 Half Sheet Pans)</i>
Rubicon Puree Bread Mix	1.75 cups (245g)	3.5 cups (490g)
Rubicon Grilled Coloring Mix	2 Tbsp <i>(1 pan only)</i>	0.25 cup <i>(1 pan only)</i>
Vegetable Oil	3 Tbsp	6 Tbsp
Hot Water (170-185°F)	2 cups	4 cups
Sandwich filling	as needed	as needed

IMPORTANT: Prepare this recipe **TWICE** to create 2 sheet pans (top + bottom slice).

### 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.

### 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 servings (¼ sheet pan): cut 2 x 3
  - 20 servings (½ sheet pan): cut 3 x 4Note - ¼ sheet pan servings are slightly smaller.

### Advance Preparation

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

### Reheat

- Reheat covered at 350°F until internal temperature reaches 165°F.
- If bread is drying out, heat servings in perforated hotel pan over a solid hotel pan. Add a small amount of water to the bottom pan to create a steam environment.
- Keep covered on the tray line until plating.

### 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 350°F oven or steamer.

---

### 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

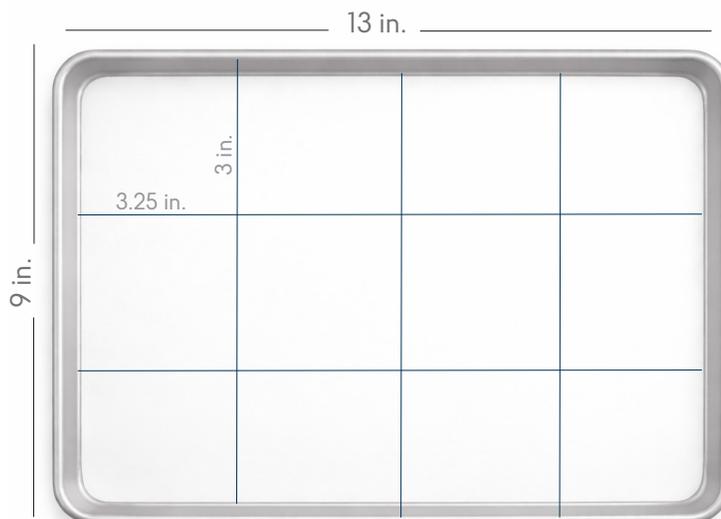
## Toast / French Toast / Sandwich Cutting Grid

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 x 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 (3 x 4 grid).  
Note - these servings are slightly smaller than half sheet pan servings.

## 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)

### Kitchen Items Needed:

- Saucepan · Whisk · Rubber spatula · Thermometer · #10 scoop · Hotel pan
- Liquid & dry measuring cups

Ingredients	#10 Scoop (5 serv)	#10 Scoop (10 serv)	#10 Scoop (15 serv)
<b>Puree Rice or Pasta Mix</b>	0.75 cup (120g)	1.5 cups (240g)	3 cups (360g)
<b>Broth or Hot Water</b> (170-185°F)	2 cups	4 cups	6 cups

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.

### Preparation

1. Pour water or broth into saucepan and bring up to 170-185°F.
2. Slowly whisk in the puree rice or pasta mix until fully combined.
3. Continue whisking while heating until mixture reaches 180–190°F and fully thickens.
4. Transfer to a hotel pan and hold on steam table line at temperature.

### Shaped Rice & Pasta using Ricer

1. Insert shaping disc into the ricer. Keep the ricer on top of hotel pan, acting as a tool.
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 in a continuous circle, ending in the center.

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



### Advance Preparation

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

### 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, use a thermometer to check several spots to ensure even temperature throughout. Hit temperature range that is on the recipe.

---

### Recipe Nutrition

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

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



## Puree Proteins - Chicken, Pork, Beef, Fish

IDDSI Level 4

*This method provides a simple process to easily bind and shape your protein proteins.*

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

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

Serving size - #10 scoop = 2 oz protein, #8 scoop = 3 oz protein

### 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.

### 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. #10 scoop = 2 oz; #8 scoop = 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 works but reduces flavor/nutrition

### 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 165°F.

### 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.

---

### Nutrition - add to your 2 or 3 oz protein nutrition

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