



## Lesson 5 – Puree Proteins

*IDDSI Level 4*

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### 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

### Kitchen Items Needed

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

### Shaping Tools Needed

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

### 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.

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## Action Items

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