



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



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.