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.

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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.

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Prepare the Mix

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.