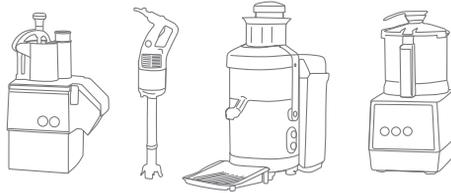


robot coupe®



Healthcare and Nutrition Solutions



Preface

This booklet is designed for health professionals and nutritionists looking for inspiration to provide elderly in medico-social establishments, disabled people in special education centres and children in Childcare with tasty, balanced meals.

You will find both sweet and savoury seasonal recipes that can be used to produce texture-modified meals and finger food.

This is only a selection of recipes - the possibilities are endless!
Do not hesitate to contact us for further information.

Enjoy!

How to read a recipe page:

Raw products

Nutritional value of recipe

Different types of textures

Robot-Coupe products used

Chef's Tip

SAVOURY RECIPE

Vitamins of Red Cabbage and Raw Celeriac

Ingredients
Serves 20

- 800 g red cabbage
- 300 g celeriac
- 100 g French dressing (unsaturated)
- 40 g vegetable stock

For the finger food version:
• 50 g brown algae powder

Method

- Chop ingredients with pulse button.
- Run Blender continuously for 60 to 90 seconds, turning Blender™ arm regularly.
- Add vegetable stock and French dressing through lid.
- Taste and adjust seasoning.
- Serve shaped as quenelles or ramalets or in verrines.
- Repeat with celeriac, adding a little mustard.
- For the finger food version, add 50 g brown algae powder. Spread on a tray and cook.
- Cut and Serve.

Nutrition Calories per person

↑ Calories 154 KJ (37 Kcal)	↑ Fat 2.3 g	↑ Calcium 343 mg
↑ Protein 1.5 g	↑ Sugar 2.8 g	↑ Vitamin C 27 mg

Robot-Coupe

For the celeriac, celeriac can be used instead of French dressing to make celeriac ramalets.

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	Blixer® / Juice extractors / Immersion Blenders / Vegetable prepara- tion machine

Healthcare and Nutrition Solutions

The Facts

As life expectancy increases, so does the number of people with diet-related disorders.

Dysphagia

Chewing and swallowing difficulties require texture-modified meals, either smooth and puréed or minced and moist.



Undernourishment

Nearly 50% of people who go into nursing homes are undernourished.

Enjoyable meals

Eating is at the very heart of the overall strategy of ageing gracefully.

It plays an essential role in the health of elderly people as food is the best medicine.

It is important that a person's diet corresponds to their nutritional needs. People over the age of 70 need 20% more calories than a thirty-year old due to their lower metabolic efficiency.

Special attention must be paid to the following:

- The taste and appearance of food, whatever its texture.
- The way in which food is presented by the catering and healthcare personnel.

The nutritional aim in the case of seniors is to **prevent undernourishment**.

Texture-modified foods

Improve the lives of your residents by offering flavoursome texture-modified meals. To avoid creating differences between residents, it is important for texture-modified foods to be as close as possible to the original texture in terms of presentation.

Adapt the texture to the resident's pathology:

NORMAL • ROUGHLY CHOPPED • FINELY CHOPPED • PUREED

The importance of breakfast

Breakfast is a meal that must not be neglected !

It enables the body to recharge after a night's rest.

Make sure that there are no more than 12 hours between the last meal at night and breakfast next morning.



*NORMAL
TEXTURE*



*MODIFIED
TEXTURE*

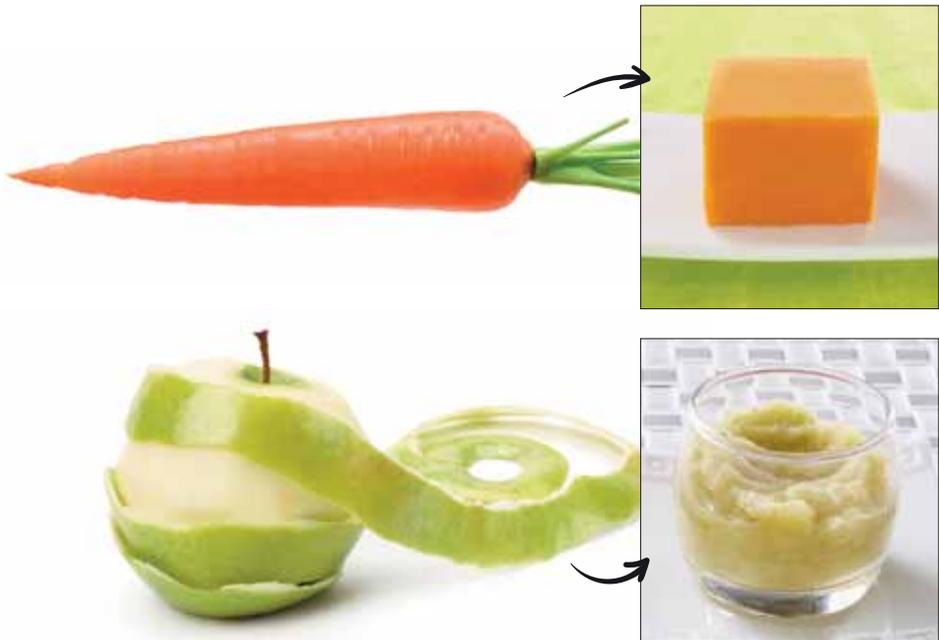
The importance of raw fruit and vegetables

It is essential that elderly people continue to eat fruit and vegetables:

- The source of many vitamins and minerals, they are essential for correct metabolism,
- They are also very rich in fibre to prevent intestinal problems
- The pigments in raw fruits and vegetables can combat cellular ageing,
- Their high water content helps to cover the fluid-intake needs of the elderly who are at a greater risk of dehydration.

By eating raw fruits and vegetables, vitamins and micronutrients are preserved which optimises their nutritional qualities.

They are also highly appreciated by elderly who have eaten this type of food throughout their lives. What could be more delicious than raw carrots or apples in a texture-modified or juice version!



Finger foods to help elderly with degenerative brain diseases

DESCRIPTION

Finger foods correspond to a normal balanced texture-modified diet consisting of foods that can be eaten with the fingers and do not need to be cut up.



GOALS

Finger foods mean that cutlery can be eliminated, and residents can eat without help. The aim is to increase independence in people who have difficulty in using utensils by enabling them to eat with their fingers.

In certain cases, residents with degenerative brain diseases may also have a short attention span and are not able to stay at the table long enough to eat a proper meal. The goal is also to make eating a pleasure again and give them the same food as the other people at their table.

THE MAIN CHALLENGE

It is essential to offer a balanced diet and prevent undernourishment.

Typical meals in a nursing home

BREAKFAST

Toast

**NORMAL
TEXTURE**



**MODIFIED
TEXTURE**



Page 40 **Tropical Juice**



Page 52 **Raw Apple Compote**



LUNCH

STARTER **Freshness of Raw Carrots**
Page 10

**NORMAL
TEXTURE**



**MODIFIED
TEXTURE**



MAIN **Saute Turkey & Ratatouille**
Page 26

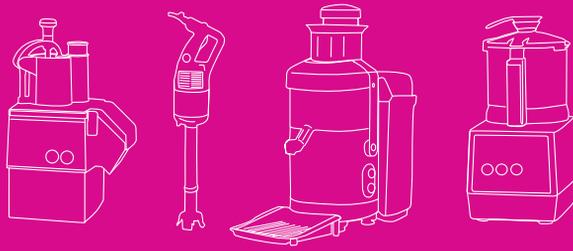


CHEESE **Goat Cheese, Sliced Bread & Lettuce**
Page 34



DESSERT **Meringue Pie**
Page 44





AFTERNOON TEA

Page 34 **Boosting - Carrot,
Apple & Lemon
Juice**



DINNER

STARTER **Cauliflower and
Romanesco Soup**
Page 16

MAIN **Fish Fillets
Quenelles**
Page 32

DESSERT **Fruit Salad**
Page 46

**NORMAL
TEXTURE**

**MODIFIED
TEXTURE**



Cucumber and Tomato Salad



Ingredients

Serves 20

- 1.2 kg cucumber, half peeled, half unpeeled
- 600 g tomatoes
- 60 g shallots
- 100 g French dressing (vinaigrette)
- 80 g vegetable stock
- **For modified texture:**
- Corn starch thickener
- **For the finger food version:**
- 70 g brown algae powder

Method

For pureed texture, level 4

- Place tomatoes and shallots in bowl.
- Run Blixer® continuously for 60 to 90 seconds, turning Blixer® arm regularly.
- Add thickener
- Add vegetable stock and French dressing through lid.
- Taste and adjust seasoning.
- Pipe into a glass or serving dish.
- Repeat the above, first with peeled cucumbers, then with unpeeled cucumbers.
- Pipe into shot glasses to form different layers.

For finger food, texture 7

- For the finger food version, add 70 g brown algae powder.
- Spread on a tray and cool.
- Cut and serve.



**Chef's
Tip**

You can use soft breadcrumbs as a thickener instead of corn starch to increase the nutritional value and improve the taste.



Nutrition Calories per person

- **Calories**

149 Kj (35 Kcal)

- **Fat**

2.6 g

- **Calcium**

12 mg

- **Protein**

0.7 g

- **Sugar**

2.3 g

- **Vitamin C**

7 mg



REGULAR TEXTURE, Level 7R



FINGER FOOD, level 7 ETC



PUREED TEXTURE, Level 4

Freshness of Raw Carrots



Ingredients

Serves 20

- 1.6 kg carrots
- 60 g orange juice or vegetable stock
- 100 g French dressing (vinaigrette)
For the finger food version:
- 55 g brown algae powder

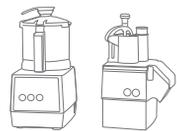
Method

- Place raw carrot pieces in bowl.
- Chop carrots using pulse button.
- Run Blixer® continuously for 60 to 90 seconds, turning Blixer® arm regularly.
- Add stock or orange juice and French dressing through lid.
- Taste and adjust seasoning
- Serve texture-modified carrot shaped as quenelles, ramekins or in a serving dish.
- For the finger food version, add 55 g brown algae powder. Spread on a tray and cool.
Cut and serve.



**Chef's
Tip**

Add the French dressing right at the end to obtain a perfect emulsion.



Blixer®

VEGETABLE
PREPARATION
MACHINES

Nutrition Calories per person

- **Calories**

194 Kj (46 Kcal)

- **Fat**

2.3 g

- **Calcium**

25.5 mg

- **Protein**

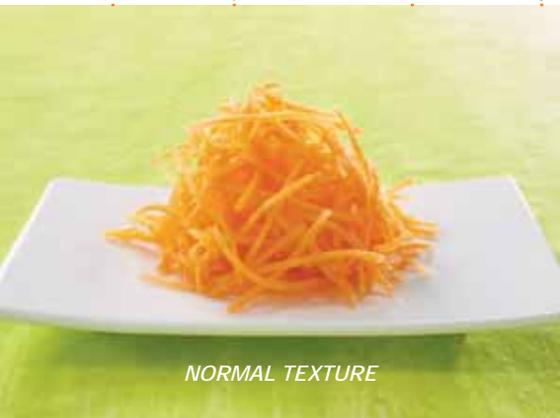
0.7 g

- **Sugar**

5.6 g

- **Vitamin C**

4.5 mg



NORMAL TEXTURE



FINGER FOOD



MODIFIED TEXTURE

Beetroot in Vinaigrette and Lettuce Salad

Protein, calcium and vitamin D enriched recipe.

Ingredients

Serves 20

1st STEP

- 600g cooked beetroot
- 6 hard-boiled (hard-cooked) eggs
- 150 g cream cheese
- 40 g bread
- 80 g French dressing (vinaigrette)

2nd STEP

- 300 g lettuce
- 200 g semi-skimmed milk
- 100 g cream cheese
- 100 g bread
- 100 g French dressing (vinaigrette)

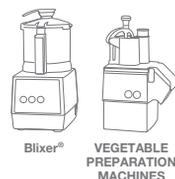


Method

- Place cooked beetroot, hard-boiled eggs, cream cheese and bread in Blixer®.
- Run Blixer® continuously for 60 to 90 seconds, turning Blixer® arm regularly.
- Add French dressing through lid. Taste and adjust seasoning.
- Pipe into a serving dish.
- Put lettuce, milk, bread and cheese in Blixer®.
- Run Blixer® continuously for 60 to 90 seconds, turning Blixer® arm regularly. Add French dressing through lid. Taste and adjust seasoning.
- Pipe on top of beetroot preparation.



This recipe offers residents the opportunity to eat a mixed salad, which is not often included in texture-modified meals.



Nutrition Calories per person

- **Calories**

449 Kj (107 Kcal)

- **Fat**

6.1 g

- **Calcium**

157 mg

- **Protein**

5.3 g

- **Sugar**

7.8 g



NORMAL TEXTURE



MODIFIED TEXTURE

Vitamins of Red Cabbage and Raw Celeriac



Ingredients

Serves 20

- 800 g red cabbage
- 800 g celeriac
- 100 g French dressing (vinaigrette)
- 60 g vegetable stock
- Mustard

For the finger food version:

- 55 g brown algae powder

Method

- Chop ingredients with pulse button.
- Run Blixer® continuously for 60 to 90 seconds, turning Blixer® arm regularly.
- Add vegetable stock and French dressing through lid.
- Taste and adjust seasoning.
- Serve shaped as quenelles or pipe into serving dish.
- Repeat with celeriac, adding a little mustard.
- For the finger food version, add 55 g brown algae powder. Spread on a tray and cool.
Cut and Serve.



**Chef's
Tip**

For the celeriac, mayonnaise can be used instead of French dressing to make celeriac remoulade.



Blixer®



VEGETABLE
PREPARATION
MACHINES

Nutrition Calories per person

- **Calories**

154 Kj (37 Kcal)

- **Fat**

2.3 g

- **Calcium**

34.5 mg

- **Protein**

1.3 g

- **Sugar**

2.6 g

- **Vitamin C**

27 mg



NORMAL TEXTURE



FINGER FOOD



MODIFIED TEXTURE

Cauliflower & Romanesco Soup



Ingredients

Serves 20

- 2 cauliflowers
- 2 Romanesco cauliflowers or broccoli
- 4 sliced onions
- 4 garlic cloves
- 2 kg chicken stock
- Table spoon of butter
- Salt, pepper

Method

- Detach florets from cauliflower and wash.
- Sweat sliced onion with butter and garlic cloves in a saucepan.
- Add cauliflower and cook without a lid. Do not brown.
- Blend using Robot-Coupe Immersion Blender fitted with a blade, then thin with boiling-hot chicken stock. Adjust seasoning.



**Chef's
Tip**

You can serve the soup with a dollop of whipped cream combined with spices (curry, nutmeg, etc.) or herbs (chives, parsley, coriander, etc.)



IMMERSION
BLENDERS

Nutrition Calories per person

- **Calories**

378.5 Kj (90.8 Kcal)

- **Fat**

4.8 g

- **Calcium**

56.1 mg

- **Protein**

4.4 g

- **Sugar**

5.5 g

- **Vitamin C**

96.2 mg



MODIFIED TEXTURE

Pumpkin Soup



Ingredients

Serves 20

- 1.6 kg pumpkin
- 6 onions
- 5 garlic cloves
- 100 g butter
- 2.4 kg white stock
- Sour cream

Method

- Cut skin off pumpkin, cut into pieces and sweat with 6 chopped onions and 5 peeled garlic cloves.
- Moisten with white stock, cover and cook for about 20 minutes.
- Blend using Robot-Coupe Immersion Blender and thin if necessary.
- Season and serve.



You can add a spoonful of cream or pesto to the soup to make it tastier.



IMMERSION
BLENDERS

Nutrition Calories per person

- **Calories**

671.6 Kj (159.9 Kcal)

- **Fat**

12.6 g

- **Calcium**

50 mg

- **Protein**

2.6 g

- **Sugar**

8.7 g

- **Vitamin C**

9 mg



MODIFIED TEXTURE

Beef Bourguignon



Ingredients

Serves 20

- 2.8 kg braising steak (stewing meat)
- 2.4 kg carrots
- 300 g onion
- 75 ml red wine
- 100 g butter
- 1 bouquet garni / Salt, pepper

For the finger food version:

- 50 g powdered egg white

Method

- Make beef bourguignon in the traditional way.

For pureed texture, level 4

- First put meat in Blixer®.
- Run Blixer® continuously for 60 to 90 seconds, turning Blixer® arm regularly.
- Add sauce if necessary to obtain an elastic texture.
- Taste and adjust seasoning
- Keep warm.
- Do the same with carrots.
- Plate meat using stainless steel rings and pipe vegetables. Pour sauce around preparation.

For finger food, texture 7

- For the finger food version, take 1 kg of cooked meat and 900 g of sauce and vegetables and blend with 50 g of powdered egg white.



Remember to add enough sauce to the meat to prevent it drying out in the oven before it is served.



Nutrition Calories per person

- **Calories**

1 489 Kj (356 Kcal)

- **Calcium**

59 mg

- **Fat**

16 g

- **Protein**

43 g

- **Sugar**

9 g



REGULAR - RG7



EASY TO CHEW - EC7



PUREED - PU4

Veal Blanquette Stew

Ingredients Serves 20

- 2.8 kg shoulder of veal
- 1 kg carrots
- 1 kg potatoes
- 2 sticks celery / 2 garlic cloves
- 2 sprigs thyme
- 1 bay leaf

Sauce:

- 30 ml sour cream
- 2 egg yolks
- Lemon juice

For the finger food version:

- 50 g powdered egg white



Method

- Make blanquette of veal in the traditional way.
- First put meat in Blixer®.
- Run Blixer® continuously for 60 to 90 seconds, turning Blixer® arm regularly.
- Add sauce to obtain an elastic texture.
- Taste and adjust seasoning. Keep warm.
- Do the same with carrots.
- Make mashed potatoes with the CL 50 Mashed Potato Kit.
- Use a spoon to shape meat and vegetables into quenelles.
- Pour sauce around preparation.
- For the finger food version, take 1 kg of cooked meat and 900 g of sauce and vegetables and blend with 50 g of powdered egg white.



Process the mashed potatoes at maximum temperature on slow speed.



Nutrition Calories per person

- **Calories**

1 239.5 Kj (269.5 Kcal)

- **Fat**

14.5 g

- **Calcium**

53 mg

- **Protein**

28.6 g

- **Sugar**

12.7 g



NORMAL TEXTURE



FINGER FOOD



MODIFIED TEXTURE

Chicken Fillet & Macaroni Delight



Ingredients

Serves 20

- 2.5 kg chicken fillets
- 1.6 kg macaroni
- 200 g egg whites

Method

- Cook chicken and macaroni in the traditional way.
- First put meat in Blixer®.
- Run Blixer® continuously for 60 to 90 seconds, turning Blixer® arm regularly.
- Add vegetable stock if necessary to obtain an elastic texture.
- Taste and adjust seasoning. Keep warm.
- Put macaroni in Blixer®.
- Run Blixer® continuously for 60 seconds, turning Blixer® arm regularly.
- Add egg whites to preparation.
- Spread on a tray and steam cook at 100°C for 15 minutes.
- Serve chicken using stainless steel rings and cut macaroni into slices. Then plate.
- Add cooking juice around presentation.



**Chef's
Tip**

Process the macaroni at maximum temperature on low speed and add very hot vegetable stock if necessary.



Nutrition Calories per person

- **Calories**

2 167 Kj (518 Kcal)

- **Calcium**

31 mg

- **Fat**

12.5 g

- **Protein**

39 g

- **Sugar**

58 g



Saute Turkey & Ratatouille

Ingredients Serves 20

- 2.5 kg turkey
- 500 g red and green capsicum
- For ratatouille :
 - 1.5 kg tomatoes
 - 2 onions
 - 1.5 kg zucchini
 - For the finger food version
 - 50 g powdered egg white
- 500 g eggplant



Method

- Cook turkey sauté and ratatouille in the traditional way.
- First put meat in Blixer®.
- Run Blixer® continuously for 60 to 90 seconds, turning Blixer® arm regularly.
- Add sauce if necessary to obtain an elastic texture.
- Taste and adjust seasoning. Keep warm.
- Pour ratatouille into Blixer®.
- Run Blixer® continuously for 60 seconds, turning Blixer® arm regularly.
- Fill stainless steel rings with a layer of turkey followed by a layer of ratatouille.
- Add cooking juice around presentation.
- For the finger food version, take 1 kg of cooked meat and 900 g of sauce and vegetables and blend with 50 g of powdered egg white.



**Chef's
Tip**

Drain the ratatouille sufficiently to obtain the right texture!



Blixer®



VEGETABLE
PREPARATION
MACHINES

Nutrition Calories per person

- **Calories**

1 197 Kj (286 Kcal)

- **Protein**

39 g

- **Fat**

11.5 g

- **Sugar**

5.5 g

- **Calcium**

51 mg



NORMAL TEXTURE



FINGER FOOD



MODIFIED TEXTURE

Steak and Potato Gratin

Ingredients **Serves 20**

- 2.5 kg steak
- 3.5 kg potatoes
- 125 ml milk
- 100 ml liquid cream
- Nutmeg
- 6 garlic cloves
- 400 g egg whites
- Salt, pepper



Method

- Cook steak and potatoes gratin in the traditional way.
- First put meat in Blixer®.
- Run Blixer® continuously for 60 to 90 seconds, turning Blixer® arm regularly.
- Add vegetable stock if necessary to obtain an elastic texture.
- Taste and adjust seasoning. Keep warm.
- Pour potatoes gratin into Blixer®.
- Run Blixer® continuously for 60 seconds, turning Blixer® arm regularly.
- Add egg whites to preparation.
- Spread on oven tray and steam cook for 15 minutes at 100°C.
- Plate steaks.
- Add sauce around presentation and grate nutmeg on top of gratin if applicable.



Potatoes should not be too floury.



Nutrition Calories per person

- **Calories**

2 495 Kj (597 Kcal)

- **Calcium**

130 mg

- **Fat**

36 g

- **Protein**

33 g

- **Sugar**

36 g



NORMAL TEXTURE



MODIFIED TEXTURE

Steamed Salmon, Beurre Blanc with Brussel Sprouts & Bacon

Ingredients Serves 20

- 2 kg fresh salmon
- 200 g cream cheese
- 50 g skim milk
- 300 g egg whites
- 4 kg Brussel sprouts
- 200 g smoked bacon

For beurre blanc sauce:

- 200 ml dry white wine
- 100 g shallots
- 400 g butter

Method

- Cook recipe in traditional way

For pureed texture, level 4

- For salmon, blend trimmed salmon fillets with cream cheese for 60 to 90 seconds, turning Blixer® arm regularly.
- Season.
- Add milk to make a smooth mixture and correct seasoning.
- Add egg whites.
- Pour into greased ramekins allowing 100 g per portion.
- Cover and cook in steam oven at 95°C for about 10 minutes.
- For sauce, mix beurre blanc in Blixer®.
- For garnishing, mix Brussel sprouts and bacon with cream cheese for 60 to 90 seconds, turning Blixer® arm regularly.
- Turn fish out to plate.



For soft and bite-sized texture, level 6

- For salmon, blend trimmed salmon fillets with cream cheese for 30 to 60 seconds, turning Blixer® arm regularly.
- Season.
- For sauce, mix beurre blanc in Blixer®.
- For garnishing, mix Brussels sprouts and bacon pieces with cream cheese for 30 to 60 seconds, turning Blixer® arm regularly.
- Turn fish out to plate.



To vary the flavour, add 10% smoked salmon.



Nutrition Calories per person

- **Calories**

1 822 Kj (436 Kcal)

- **Protein**

30 g

- **Fat**

32 g

- **Sugar**

8 g

- **Calcium**

206 mg



REGULAR - RG7



SOFT & BITE SIZED - SB6



PUREED - PU4

Fish Fillets & Radish Quenelles



Ingredients

Serves 20

- 3 kg white fish fillets
- 1.5 kg radishes
- 1.5 kg raw beetroot

For Pesto Sauce:

- 5 garlic cloves
- 2 bunches basil
- 300 g Parmesan cheese
- ½ litre olive oil

Method

- Cook ingredients in traditional way.
- First put fish in Blixer®.
- Run Blixer® continuously for 60 to 90 seconds, turning Blixer® arm regularly.
- Add vegetable stock if necessary to obtain an elastic texture.
- Taste and adjust seasoning. Keep warm.
- Proceed in the same way for the cooked beetroot and radishes.
- Shape the vegetables into quenelles (fingers). Place fish in stainless steel rings.



The cooked beetroot and cooked radishes in this recipe give it an original presentation and flavour.



Nutrition Calories per person

- **Calories**

1 856 Kj (444 Kcal)

- **Calcium**

240 mg

- **Fat**

30.5 g

- **Protein**

35 g

- **Sugar**

7 g



NORMAL TEXTURE



MODIFIED TEXTURE

Goat Cheese Sliced Bread & Lettuce



Ingredients

Serves 20

- 800 g goat cheese
- 400 g sliced bread
- 400 g Batavia lettuce
- 100 g bread for blending with the lettuce
- 50 g French dressing (vinaigrette)
- Milk as required

Method

- First put 400 g of bread in Blixer®.
- Run Blixer® continuously for 60 to 90 seconds, turning Blixer® arm regularly.
- Add enough milk to obtain a creamy consistency. Set aside.
- Do the same with the goat cheese.
- Add milk to obtain a creamy consistency.
- Place the lettuce with the remaining 100 g of bread in Blixer®.
- Run Blixer® continuously for 60 to 90 seconds, turning Blixer® arm regularly.
- Add French dressing through lid.
- Taste and adjust seasoning if necessary.
- Using a piping bag, pipe the preparations into shot glasses, beginning with the bread, followed by the lettuce and then the goat cheese.



**Chef's
Tip**

This recipe makes it possible to include raw lettuce and cheese in a texture-modified meal.



Nutrition Calories per person

Calories

829 Kj (198 Kcal)

Fat

11 g

Calcium

70 mg

Protein

10 g

Sugar

14 g



NORMAL TEXTURE



MODIFIED TEXTURE

Traditional Baguette



Ingredients

Serves 20

- 100 g baguette
- 0,8 l milk
- 100 g canola oil
- 30 g powdered egg white

Method

- Blend the bread with the milk for 60 to 90 seconds, turning Blixer® arm regularly.
- Add the powdered egg white and the oil and blend again. 60-90 seconds, turning Blixer® arm regularly.
- Pour preparation into a baguette-shaped mold, cover with high temperature resistant cling film and cook in steam or combination oven at 90 °C for approximately 30 minutes. Let cool and slice before serving.



**Chef's
Tip**

This recipe can be used with other types of bread such as country loaf or multigrain.



Nutrition

Calories per person

• **Calories**

346 Kj (83,2 Kcal)

• **Fat**

5,7 g

• **Calcium**

47,9 mg

• **Protein**

3,1 g

• **Sugar**

4,7 g

• **Vitamine C**

0,9 mg



NORMAL TEXTURE



MODIFIED TEXTURE

Boosting Carrot, Apple & Lemon Juice



Ingredients

For 20 glasses (about 250ml)

- 4 kg carrots
- 4 kg apples
- 3 lemons
- 48 g xanthan gum and ascorbic acid powder

Method

- Peel lemons.
- No need to peel carrots, just wash and brush.
- Process carrots, apples and lemons through Robot-Coupe Juice Extractor.
- To prevent oxidising and phase separation after preparing the juice, you can use 48 g xanthan gum and ascorbic acid powder.
- Mix well and serve.



**Chef's
Tip**

With the Robot-Coupe juice extractor, medium-size apples do not need to be cut up. Use Golden Delicious apples if possible, as they are the juiciest.



JUICE
EXTRACTORS

Nutrition Calories per person

- **Calories**

740.4 Kj (175 Kcal)

- **Fat**

1.1 g

- **Calcium**

76.9 mg

- **Protein**

2.1 g

- **Sugar**

36.3 g

- **Vitamin C**

28 mg



Tropical Juice



Ingredients

For 20 glasses (about 250 ml)

- 5 kg pineapple
- 5 kg oranges
- 48 g xanthan gum and ascorbic acid powder

Method

- Peel oranges.
- Process through Robot-Coupe Juice Extractor without cutting up.
- Peel pineapple, cut into quarters and process through juice extractor.
- To prevent oxidising and phase separation after preparing the juice, you can use 48 g xanthan gum and ascorbic acid powder.
- Mix well and serve.



Peel citrus fruit to prevent sourness. You can process whole fruits without cutting up



Nutrition

Calories per person

- **Calories**

639 Kj (151.1 Kcal)

- **Fat**

0.8 g

- **Calcium**

76.8 mg

- **Protein**

2.4 g

- **Sugar**

29 g

- **Vitamin C**

140.1 mg



Green Vitamin Juice



Ingredients

For 20 glasses (about 250ml)

- 3 kg Granny Smith apples
- 3 kg pears
- 3 kg kiwi fruit
- 48 g xanthan gum and ascorbic acid powder

Method

- Peel kiwi fruit.
- Process whole apples and pears and peeled kiwi fruit through Robot-Coupe Juice Extractor.
- To prevent oxidising and phase separation after preparing the juice, you can use 48 g xanthan gum and ascorbic acid powder.
- Mix well and serve.



Whole fruit can be used without cutting up.



Nutrition Calories per person

- **Calories**

991.3 Kj (2.9 Kcal)

- **Fat**

2.2 g

- **Calcium**

59 mg

- **Protein**

2.9 g

- **Sugar**

46.4 g

- **Vitamin C**

155.4 mg



Lemon Meringue Pie



Ingredients

Serves 20

Lemon filling :

- 12 lemons
- 450 g sugar
- 9 eggs
- 200 g butter

For meringue :

- 200 g egg whites
- 300 g sugar

For pastry base:

- 600 g shortcrust pastry

For the finger food version:

- 8 g agar agar for lemon filling

Method

- Make the lemon meringue pie in the traditional way.

For pureed texture, level 4

- First put pastry in Blixer®.
- Run Blixer® continuously for 60 to 90 seconds, turning Blixer® arm regularly.
- Add light syrup if necessary to obtain an elastic texture.
- Place the pastry in verrines.
- Add lemon filling and then pipe meringue on top, using a fluted nozzle.

For finger food, texture 7

- For the finger food version, blend 8 g agar agar with hot lemon filling in Blixer®.
- Spread on a tray, cool and plate.

Paint the meringue with caramel or syrup.



Lemon aficionados will appreciate the addition of a little kaffir lime zest, or chopped lemon balm. The flavour will be stronger.



Nutrition Calories per person

- **Calories**

2 310 Kj (552 Kcal)

- **Protein**

8.2 g

- **Fat**

21.6 g

- **Sugar**

77 g

- **Calcium**

37 mg



REGULAR - RG7



EASY TO CHEW - EC7



PUREED - PU4

Tarte Tatin

(upside-down apple pie)



Ingredients

Serves 20

For cake:

- 600 g shortcrust pastry
- 3 kg apples
- 100 g sugar
- Milk

For caramel:

- 300 g brown sugar
- A little water

Method

- Prepare upside-down pie in traditional way.
- First put cake dough in Blixer®.
- Run Blixer® for 60 to 90 seconds, turning Blixer® arm regularly.
- Add a little milk if necessary to obtain an elastic texture.
Set aside.
- Do the same with apples.
- Spoon out dough and use a piping bag for apples.
- Pour caramel over preparation.



**Chef's
Tip**

You can vary the flavour by using pears, quinces or figs instead of apples.
Serve upside-down pie warm with a scoop of vanilla ice-cream. Sprinkle with a little cinnamon if applicable.



Nutrition

Calories per person

- **Calories**

1 153 Kj (276 Kcal)

- **Protein**

2.5 g

- **Fat**

7 g

- **Sugar**

50 g

- **Calcium**

9.5 mg



NORMAL TEXTURE



MODIFIED TEXTURE

Pear & Almond Souffle



Ingredients

Serves 20

- 1.25 kg almonds
- 1.25 kg icing sugar
- 1.25 kg plain flour
- 500 g butter
- 20 eggs
- 10 pears
- 50 ml water

Method

- Make soufflé in the traditional way.
- First put cooked mixture in Blixer®.
- Run Blixer® continuously for 60 seconds, turning Blixer® arm regularly. Set aside.
- Do the same with pears.
- Run Blixer® continuously for 30 seconds, turning Blixer® arm regularly. Set aside.
- Pipe into serving glasses.
- First add the egg mixture then the blended pears.



You can intensify the flavour by adding a little almond essence or barley syrup.



Nutrition Calories per person

- **Calories**

4 759 Kj (1 138.5 Kcal)

- **Fat**

59 g

- **Calcium**

210 mg

- **Protein**

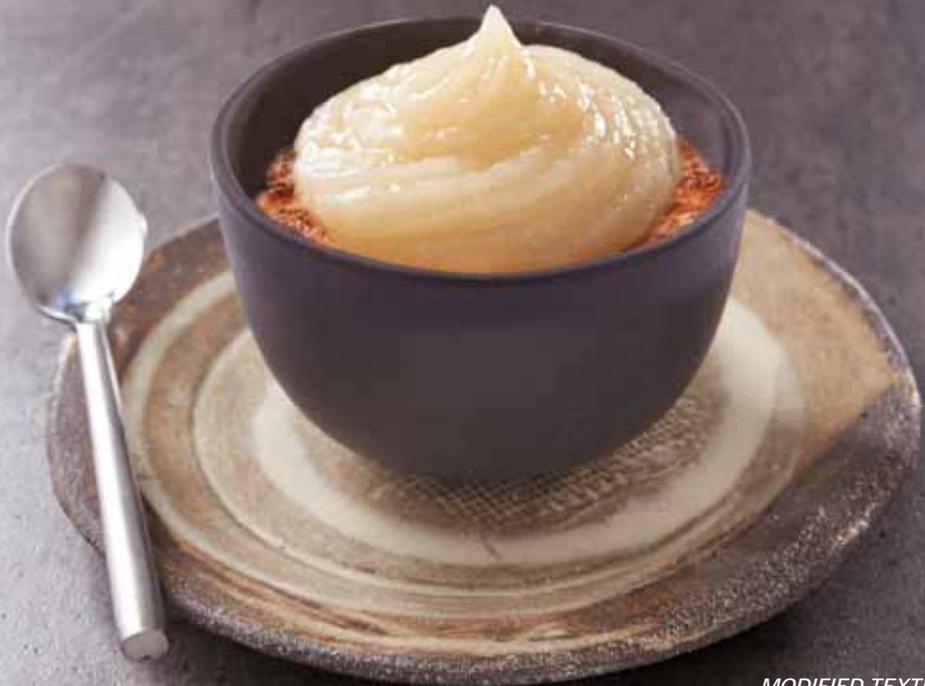
28 g

- **Sugar**

120 g



NORMAL TEXTURE



MODIFIED TEXTURE

Fruit Salad

Ingredients Serves 20

- 8 Granny Smith apples
- 8 kiwi fruit
- 2 limes
- 5 bananas
- 10 oranges
- 10 peaches
- 180 g sugar
- 1 vanilla bean
- Lemon zest
- Basil leaves
- 70 g alginate and calcium powder



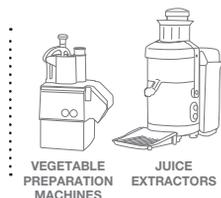
Method

- Pour 100 ml water into a saucepan and add sugar. Bring to the boil and add vanilla bean split lengthways, eight snipped basil leaves and lemon zest. Reduce to half.
- Wash and peel apples, bananas, kiwis, oranges and peaches and sprinkle quickly with lemon juice.
- Using the CL50 and a 10x10x10mm dicing kit, process kiwi fruit, peaches and apples. With the 3mm slicing disc, process bananas. Cut oranges into quarters then into pieces.
- Arrange all the fruit in a sundae dish.
- Cover with warm syrup and macerate for 30 minutes in refrigerator.
- For the texture-modified version, blend each ingredient separately in Blixer®, adding 14 g alginate and calcium powder to each ingredient.



Chef's
Tip

Grind on fresh pepper and decorate with remaining basil leaves if applicable.



Nutrition Calories per person

- **Calories**

356.8 Kj (84.3 Kcal)

- **Protein**

0.9 g

- **Fat**

0.4 g

- **Sugar**

18 g

- **Calcium**

15.6 mg

- **Vitamin C**

4.5 mg



TEXTURE 5



MODIFIED TEXTURE

Raw Apple Compote



Ingredients

Serves 20

- 1 kg red apples
- 1 kg green apples
- 20 g xanthan gum and ascorbic acid powder
- **For the finger food version:**
- Add 70 g alginate and calcium powder

Method

- Cut unpeeled apples into chunks. Remove seeds and stalks and place into bowl.
- Chop apple using pulse button.
- Run Blixer® continuously for 60 to 90 seconds, turning Blixer® arm regularly.
- Add xanthan gum and ascorbic acid powder to stop the compote going brown and oxidising.
- Spoon into verrines or transparent ramekins.
- Do the same with red apple.
- **For the finger food version, add 70 g of alginate and calcium powder.**
- Spread on a tray, refrigerate for one hour, cut and serve.



Chef's Tip

You can add a little cinnamon, liquorice or ginger. You can replace the ascorbic acid with lemon juice to prevent the fruit from going brown.



Nutrition Calories per person

- **Calories**

189 Kj (45 Kcal)

- **Protein**

0.2 g

- **Fat**

0.2 g

- **Sugar**

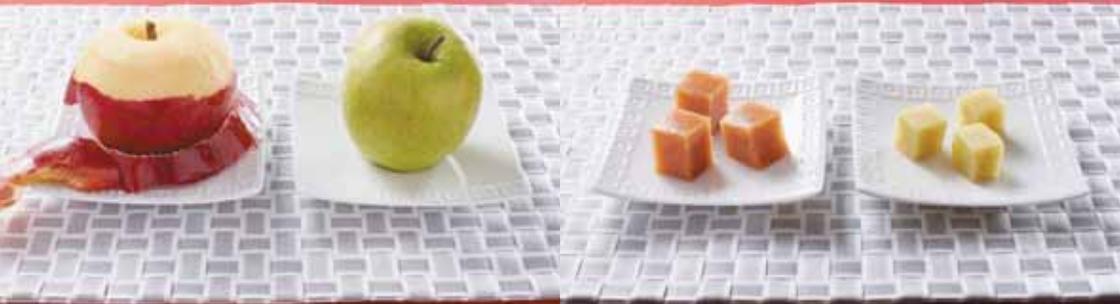
10 g

- **Calcium**

2.5 mg

- **Vitamin C**

4.5 mg



NORMAL TEXTURE

FINGER FOOD



MODIFIED TEXTURE

Robot-Coupe products

Blixer®

What is the best solution for texture-modified meals?



The range of 21 Blixers® is the perfect way to make texture-modified meals that include several courses - starters, main course, cheese, dessert, whether raw or cooked, for optimal nutritional intake, especially vitamins.



The Blixer® is a time-saver for the Chef, who can make the same meal for everyone as each different course can be offered in texture-modified form as needed.

The **Pros** ⁺⁺⁺ of Robot-Coupe Blixer®

- + **Great for levels 3, 4 and 5** (IDDSI classification)
- + **All types of textures are possible:** roughly chopped, finely chopped, ground, blended, etc. depending on the individual's requirements.
- + **A high-quality, refined result:**
 - Blixer® arm and lid for perfect homogeneity.
 - 3000 rpm speed for a super-fine result.
 - Micro-serrated stainless steel blade.



Juice Extractors

How to benefit from all the advantages of ultra-fresh juices in just a few moments?



Robot-Coupe J80, J80 Buffet and J100 Juice Extractors, with their automatic hopper, produce ultra-fresh vegetable and fruit juices in just a few seconds.



Everyone can benefit from the vitamins and nutrients of fruit and vegetables.

The Pros⁺⁺⁺

of Robot-Coupe Juice Extractors

- + **Allows better daily hydration**
- + **Adds more vitamins to the menu**
- + **A personal touch:**
 - Juices prepared and served in the dining room in front of residents.
 - Possibility of making different juices to suit individual tastes.



Immersion Blenders

How to make soups based on fresh, nutritional, appetizing products?



The range of 22 sturdy, powerful mixers turns seasonal vegetables into fresh, creamy, delicious soups to delight your guests.

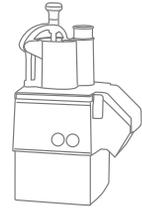


The Pros ⁺⁺⁺ of Robot-Coupe Immersion Blenders

- + **Cost control of raw materials.**
- + **Seasonal vegetable soups all year round.**
- + **Food keeps its organoleptic properties.**
- + **Adds more fibre to the diet.**
- + **Perfect hygiene** with a completely dismountable foot and blade for easy cleaning and maintenance.
- + **Sturdy**, with an all stainless steel bell.
- + **Highly efficient mixers** with ultra high-speed blending.



Vegetable Preparation Machines



How to present fruit and vegetables in a simple yet original way?

With the vegetable preparation machines, fruit and vegetables can be cut in more than 50 types of innovative, novel ways.

You can slice, grate, dice and chop, cut into brunoise and make waffle cuts.



The Chef can thus create new appetising, varied presentations with greater efficiency.

The Pros ⁺⁺⁺ of Robot-Coupe Vegetable Preparation Machines

- + **Great for levels RG7, EC7, SB6 and assists with MM5** (IDDSI classification)
- + **Seasonal fruit and vegetables all year round.**
- + **Endless cutting possibilities:** More than 53 different discs available.
- + **Exceptional cutting quality** even for trickier products such as mushrooms
- + **Reliable, powerful and sturdy**



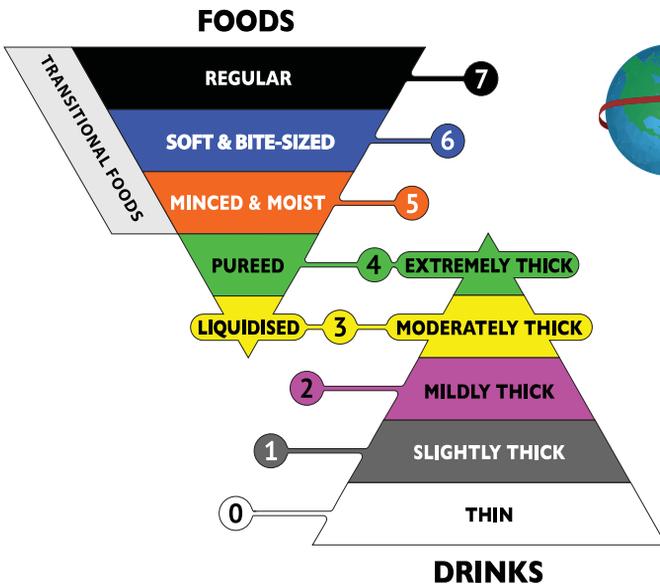
What is the IDDSI framework?

International Dysphagia Diet Standardisation Initiative (IDDSI)

IDDSI is an international collaboration of professionals who developed a standardised framework for labeling texture-modified foods and thickened liquids. The framework is designed to avoid the confusion created by variable terminology and definitions to describe modified diets around the world. The effort is expected to improve the safety and care for all individuals with dysphagia, across all cultures.

Robot-Coupe helps in the preparation and processing of foods and drinks to meet IDDSI compliance.

For IDDSI Detailed Descriptors & Testing Methods visit <https://iddsi.org/Framework>



For more information visit <http://iddsi.org/>

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