Community Care Tailored Support
Empowering Potential, Inspiring Success

Simple & Tasty

Liquidised Meals Cookbook

IDDSI Level 3 - Liquidised

Smooth, pourable meals requiring formal flow and texture testing.

8 easy recipes | Clear ingredients | Four illustrated steps per recipe

Educational recipe ideas for adults, families and support workers. Not a substitute for an individual swallowing assessment or mealtime management plan.

Good food. Brighter days.

Find your favourite

01. Liquidised Chicken and Carrot 5

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Each recipe has an ingredients and finished-dish illustration page, followed by four illustrated steps. Illustrations are symbolic examples, not a verified texture or a substitute for food testing.

Start safely

The person’s plan comes first

Before preparing food, confirm the person’s current speech pathologist-led mealtime management plan, prescribed food texture, drink thickness, allergies, dietary needs, posture, assistance and supervision requirements. Never select or change a texture level from this book alone.

Use the correct IDDSI testing method

A recipe name, ingredient list, photo or blender setting cannot confirm an IDDSI level. Test the finished food at serving temperature using the current IDDSI method and the person’s plan. If the food fails testing, do not serve it as that level.

Avoid choking and aspiration risks

Stop feeding if there is coughing, choking, a wet or gurgly voice, distress or breathing change. Follow the person’s emergency plan. Call 000 for severe choking or breathing difficulty. Seek clinical advice for repeated swallowing concerns.

Safe food handling

Wash hands and equipment, check allergens and cross-contact, cook poultry and minced meats thoroughly (75°C in the centre), remove bones and gristle, and refrigerate leftovers promptly. Reheat food thoroughly and re-check texture after reheating.

Choice and dignity

Offer choices, respect cultural and sensory preferences, and support participation at the person’s preferred level. Do not assume a diagnosis or age automatically determines food texture.

Know the texture

IDDSI Level 3 - Liquidised

Smooth, pourable meals requiring formal flow and texture testing.

Level 3 liquidised food is smooth with no lumps or particles and is able to flow. It must pass the correct IDDSI 10 mL syringe flow test at serving temperature. Food Level 3 and drink Level 3 are distinct categories; do not assume the person has the same prescribed level for both.

Important: the recipes below are starting ideas, not clinically validated IDDSI-compliant meals. Ingredient brands, cooking, moisture, temperature and equipment can change the final texture. Follow a qualified clinician’s plan and confirm the final food before serving.

For authoritative descriptions and testing methods: IDDSI Framework - www.iddsi.org/standards/framework

DINNER | RECIPE 1

Liquidised Chicken and Carrot

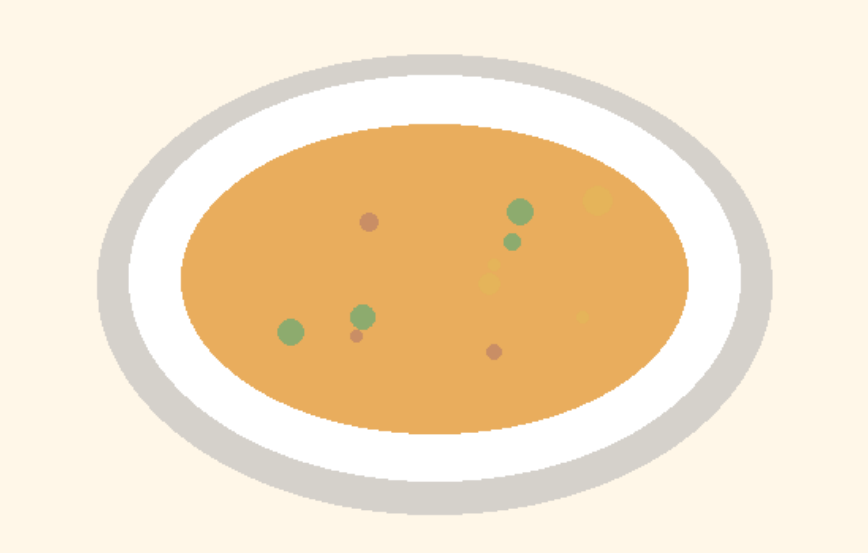
SERVES: approximately 1-2 | Preparation and cooking times vary

What you need

☐ 150 g cooked boneless chicken

☐ 1 cup cooked carrot

☐ Suitable stock or sauce as prescribed



Finished-dish illustration (symbolic only; not a texture-safety check)

Before you start
Check the person’s prescribed texture, drink thickness, allergies, dietary and mealtime plan. Read all four steps. Wash hands and set up safely.

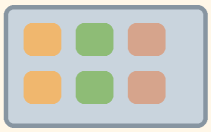
Turn the page for four picture steps.

FOLLOW THE STEPS IN ORDER

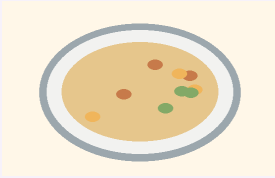
Liquidised Chicken and Carrot



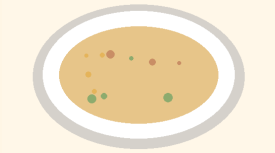
1. Cook chicken to 75°C; remove skin and gristle.



2. Blend with soft carrot and prescribed liquid.



3. Sieve until smooth with no bits or fibres.



4. Use the IDDSI flow test at serving temperature; adjust only as directed.

Before serving: Check the final food against the person’s mealtime plan and the relevant current IDDSI testing method. A picture or written recipe cannot confirm safety.

DINNER | RECIPE 2

Liquidised Pumpkin and Lentil

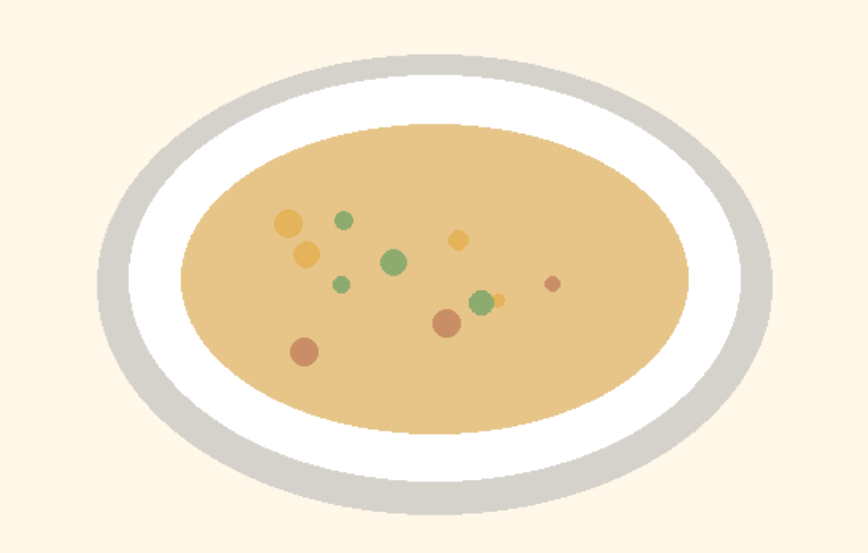
SERVES: approximately 1-2 | Preparation and cooking times vary

What you need

☐ 1 cup cooked pumpkin

☐ 1/2 cup cooked red lentils

☐ Suitable stock as prescribed



Finished-dish illustration (symbolic only; not a texture-safety check)

Before you start
Check the person’s prescribed texture, drink thickness, allergies, dietary and mealtime plan. Read all four steps. Wash hands and set up safely.

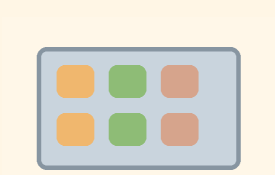
Turn the page for four picture steps.

FOLLOW THE STEPS IN ORDER

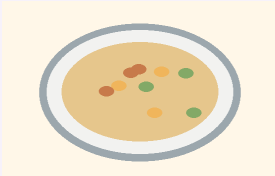
Liquidised Pumpkin and Lentil



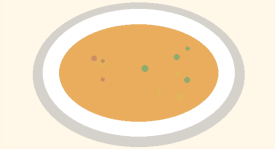
1. Cook pumpkin and lentils until very soft.



2. Blend with prescribed liquid until completely smooth.



3. Sieve to remove particles.



4. Perform the correct Level 3 flow test before serving.

Before serving: Check the final food against the person’s mealtime plan and the relevant current IDDSI testing method. A picture or written recipe cannot confirm safety.

DINNER | RECIPE 3

Liquidised Fish and Potato

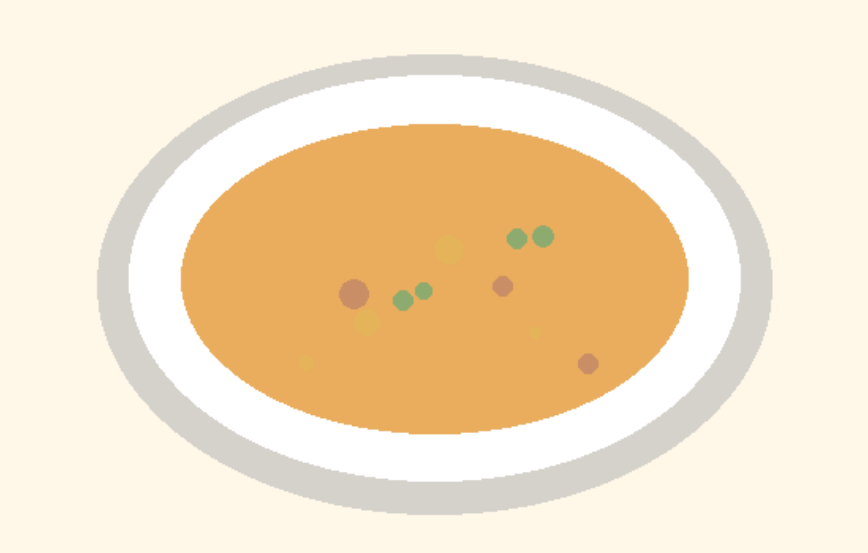
SERVES: approximately 1-2 | Preparation and cooking times vary

What you need

☐ 150 g boneless cooked fish

☐ 1/2 cup cooked potato

☐ Suitable sauce as prescribed



Finished-dish illustration (symbolic only; not a texture-safety check)

Before you start
Check the person’s prescribed texture, drink thickness, allergies, dietary and mealtime plan. Read all four steps. Wash hands and set up safely.

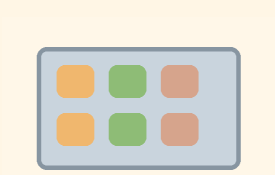
Turn the page for four picture steps.

FOLLOW THE STEPS IN ORDER

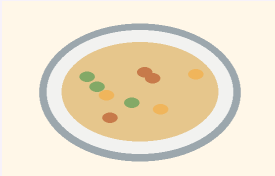
Liquidised Fish and Potato



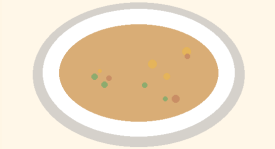
1. Cook fish fully and remove all bones.



2. Blend with soft potato and suitable sauce.



3. Sieve until no lumps or skins remain.



4. Perform the prescribed flow test at serving temperature.

Before serving: Check the final food against the person’s mealtime plan and the relevant current IDDSI testing method. A picture or written recipe cannot confirm safety.

DINNER | RECIPE 4

Liquidised Beef and Pumpkin

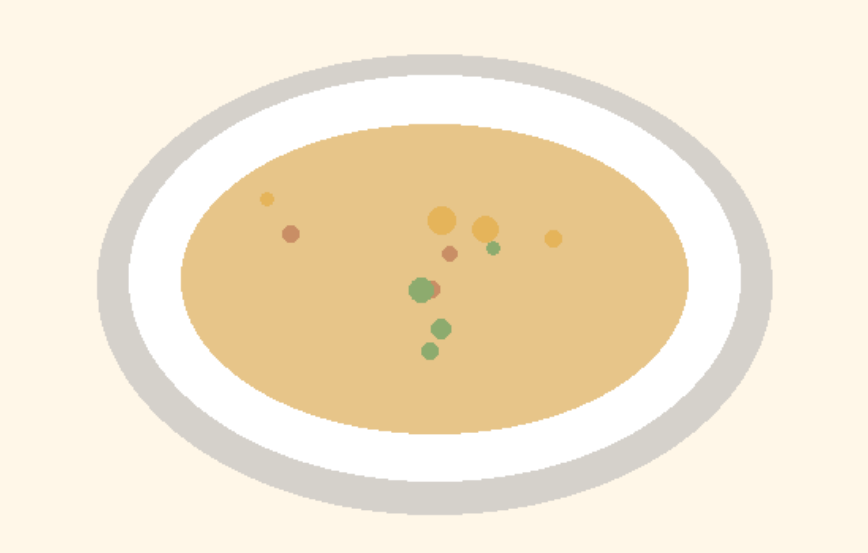
SERVES: approximately 1-2 | Preparation and cooking times vary

What you need

☐ 150 g very tender cooked beef

☐ 1 cup cooked pumpkin

☐ Suitable thick gravy or stock as prescribed



Finished-dish illustration (symbolic only; not a texture-safety check)

Before you start
Check the person’s prescribed texture, drink thickness, allergies, dietary and mealtime plan. Read all four steps. Wash hands and set up safely.

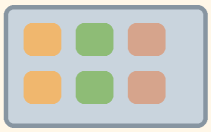
Turn the page for four picture steps.

FOLLOW THE STEPS IN ORDER

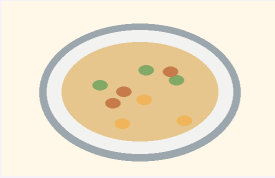
Liquidised Beef and Pumpkin



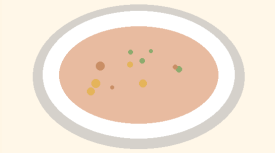
1. Remove all beef fat and gristle.



2. Blend cooked beef and pumpkin with prescribed liquid.



3. Sieve until completely smooth.



4. Check prescribed Level 3 flow characteristics before serving.

Before serving: Check the final food against the person’s mealtime plan and the relevant current IDDSI testing method. A picture or written recipe cannot confirm safety.

SNACK | RECIPE 5

Liquidised Apple and Pear

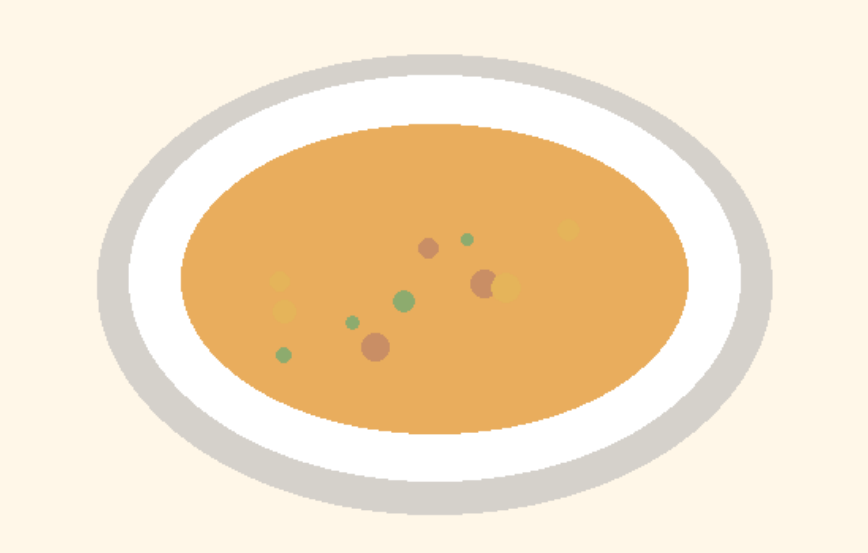
SERVES: approximately 1-2 | Preparation and cooking times vary

What you need

☐ 1 apple

☐ 1 pear

☐ Suitable liquid as prescribed



Finished-dish illustration (symbolic only; not a texture-safety check)

Before you start
Check the person’s prescribed texture, drink thickness, allergies, dietary and mealtime plan. Read all four steps. Wash hands and set up safely.

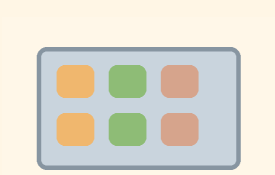
Turn the page for four picture steps.

FOLLOW THE STEPS IN ORDER

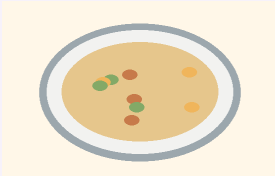
Liquidised Apple and Pear



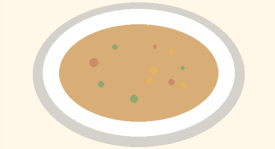
1. Peel, core and poach fruit until soft.



2. Blend thoroughly with prescribed liquid.



3. Sieve to remove any particles.



4. Test Level 3 flow; avoid unapproved juice separation.

Before serving: Check the final food against the person’s mealtime plan and the relevant current IDDSI testing method. A picture or written recipe cannot confirm safety.

DINNER | RECIPE 6

Liquidised Tofu and Carrot

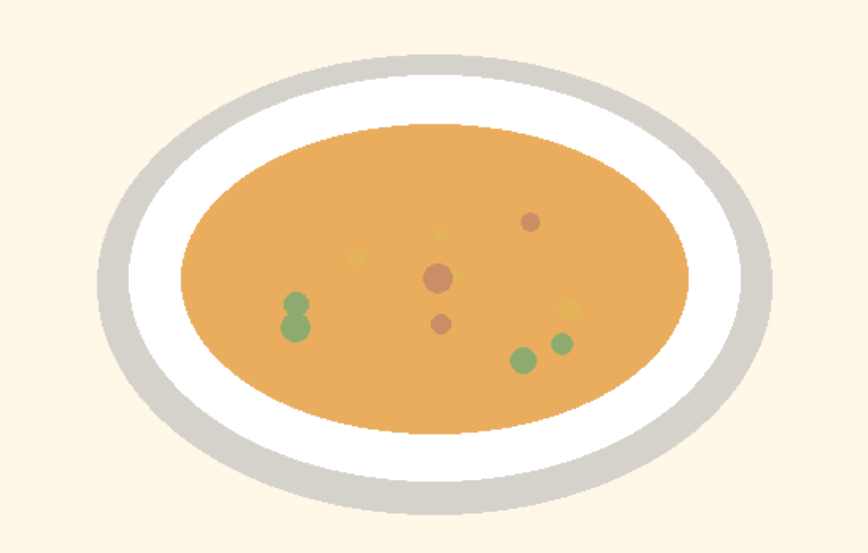
SERVES: approximately 1-2 | Preparation and cooking times vary

What you need

☐ 150 g silken tofu

☐ 1 cup cooked carrot

☐ Suitable liquid as prescribed



Finished-dish illustration (symbolic only; not a texture-safety check)

Before you start
Check the person’s prescribed texture, drink thickness, allergies, dietary and mealtime plan. Read all four steps. Wash hands and set up safely.

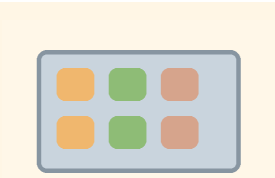
Turn the page for four picture steps.

FOLLOW THE STEPS IN ORDER

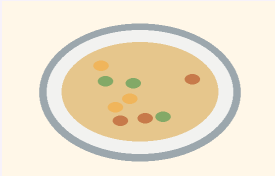
Liquidised Tofu and Carrot



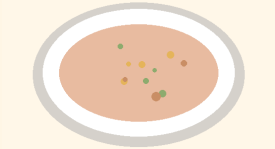
1. Cook carrot until very soft.



2. Blend tofu and carrot with prescribed liquid.



3. Sieve until smooth.



4. Test the Level 3 flow before serving.

Before serving: Check the final food against the person’s mealtime plan and the relevant current IDDSI testing method. A picture or written recipe cannot confirm safety.

DINNER | RECIPE 7

Liquidised Spinach and Potato

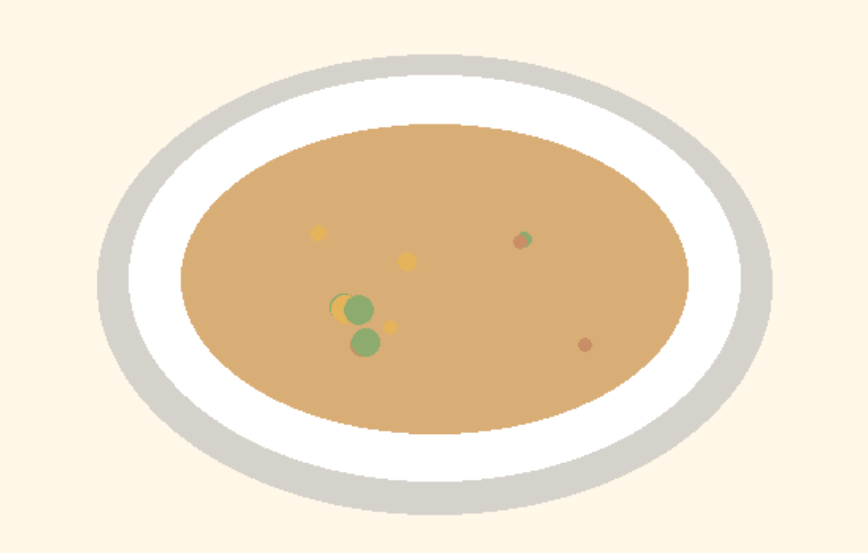
SERVES: approximately 1-2 | Preparation and cooking times vary

What you need

☐ 1/2 cup cooked spinach

☐ 1/2 cup cooked potato

☐ Suitable stock as prescribed



Finished-dish illustration (symbolic only; not a texture-safety check)

Before you start
Check the person’s prescribed texture, drink thickness, allergies, dietary and mealtime plan. Read all four steps. Wash hands and set up safely.

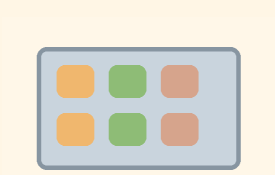
Turn the page for four picture steps.

FOLLOW THE STEPS IN ORDER

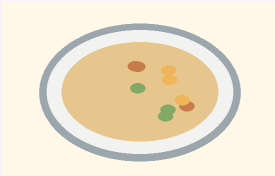
Liquidised Spinach and Potato



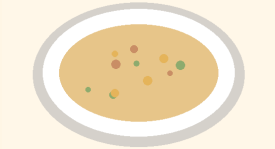
1. Remove spinach stems and cook until soft.



2. Blend with soft potato and prescribed stock.



3. Sieve thoroughly to remove fibres.



4. Check with the prescribed IDDSI flow test.

Before serving: Check the final food against the person’s mealtime plan and the relevant current IDDSI testing method. A picture or written recipe cannot confirm safety.

DINNER | RECIPE 8

Liquidised Egg and Pumpkin

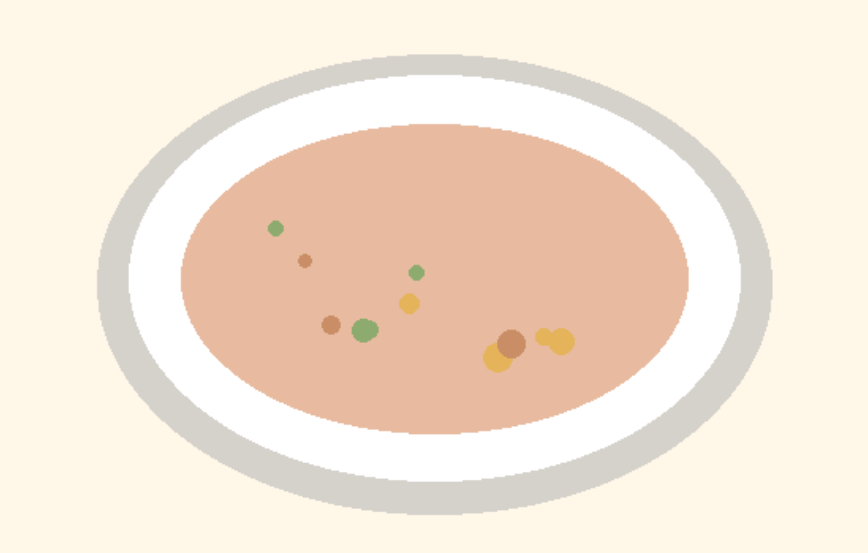
SERVES: approximately 1-2 | Preparation and cooking times vary

What you need

☐ 2 eggs

☐ 1 cup cooked pumpkin

☐ Suitable sauce as prescribed



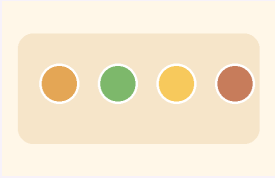
Finished-dish illustration (symbolic only; not a texture-safety check)

Before you start
Check the person’s prescribed texture, drink thickness, allergies, dietary and mealtime plan. Read all four steps. Wash hands and set up safely.

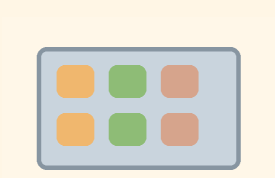
Turn the page for four picture steps.

FOLLOW THE STEPS IN ORDER

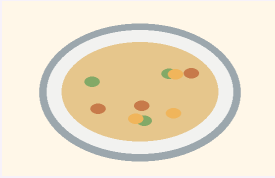
Liquidised Egg and Pumpkin



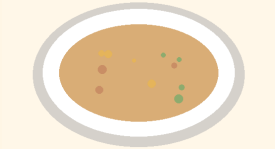
1. Cook eggs fully until set.



2. Blend eggs and pumpkin with prescribed sauce.



3. Sieve until completely smooth.



4. Test prescribed Level 3 flow at serving temperature.

Before serving: Check the final food against the person’s mealtime plan and the relevant current IDDSI testing method. A picture or written recipe cannot confirm safety.

My notes and preferences

Foods I enjoy:

Foods I avoid or dislike:

Allergies and approved substitutes:

My mealtime plan location / review date:

Questions for my speech pathologist or dietitian:

General educational material only. Individual swallowing and nutrition advice must come from the person’s treating health professionals.