Community Care Tailored Support
Empowering Potential, Inspiring Success

Simple & Tasty

Minced and Moist Cookbook

IDDSI Level 5 - Minced and Moist

Very soft, cohesive meals with tiny moist lumps; little chewing is needed.

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. Moist Chicken and Pumpkin Mince 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 5 - Minced and Moist

Very soft, cohesive meals with tiny moist lumps; little chewing is needed.

Level 5 food has very soft, moist, cohesive small lumps with minimal chewing. For adults, lumps are no larger than 4 mm. Check using the prescribed IDDSI tests, including fork and spoon checks; no separate thin liquid.

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

Moist Chicken and Pumpkin Mince

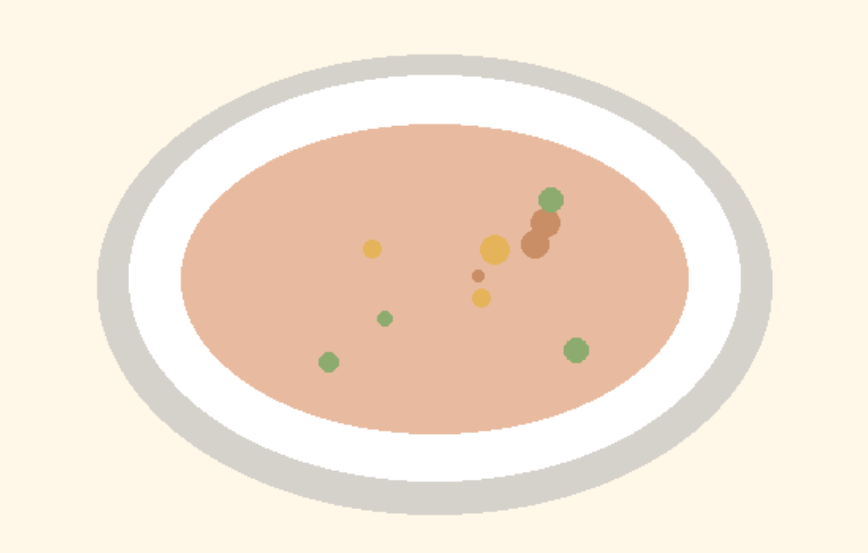
SERVES: approximately 1-2 | Preparation and cooking times vary

What you need

☐ 150 g cooked chicken thigh

☐ 1/2 cup mashed pumpkin

☐ 1/3 cup thick gravy



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.

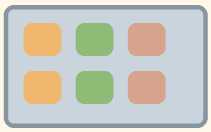
Turn the page for four picture steps.

FOLLOW THE STEPS IN ORDER

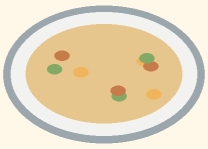
Moist Chicken and Pumpkin Mince



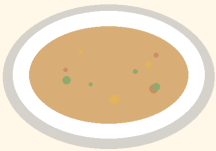
1. Cook chicken fully to 75°C.



2. Finely mince chicken to pieces no bigger than 4 mm for adults.



3. Stir through mashed pumpkin and thick gravy.



4. Check food is moist, cohesive and passes prescribed IDDSI tests.

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

Soft Beef and Carrot Mince

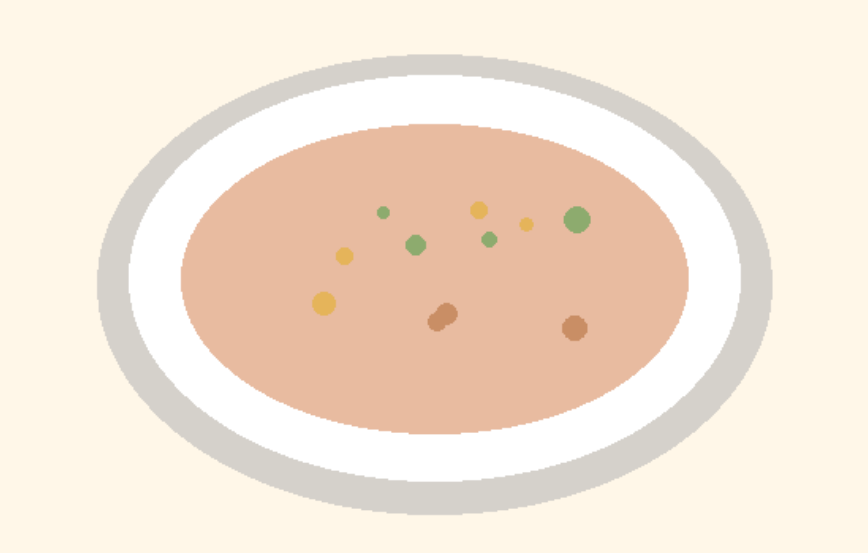
SERVES: approximately 1-2 | Preparation and cooking times vary

What you need

☐ 150 g lean beef mince

☐ 1/2 cup cooked carrot

☐ 1/2 cup thick sauce



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.

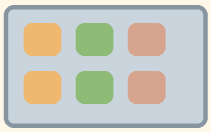
Turn the page for four picture steps.

FOLLOW THE STEPS IN ORDER

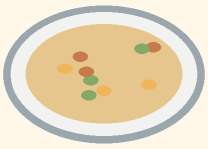
Soft Beef and Carrot Mince



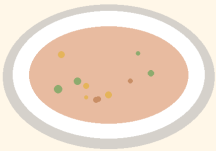
1. Cook beef mince thoroughly, breaking up lumps.



2. Finely mince any remaining pieces to 4 mm or smaller.



3. Mash carrot until very soft.



4. Mix with thick sauce; check no thin liquid separates.

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

Minced Fish with Potato

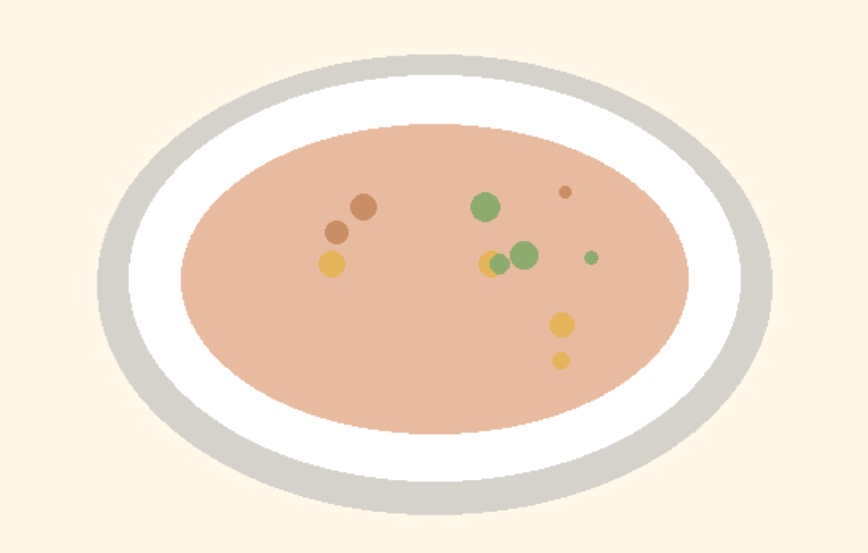
SERVES: approximately 1-2 | Preparation and cooking times vary

What you need

☐ 150 g boneless cooked fish

☐ 1/2 cup smooth potato mash

☐ 2 tbsp thick white sauce



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.

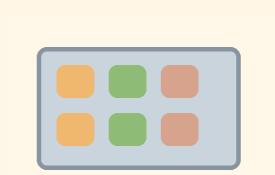
Turn the page for four picture steps.

FOLLOW THE STEPS IN ORDER

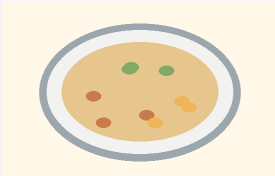
Minced Fish with Potato



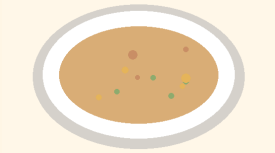
1. Cook fish thoroughly and check carefully for bones.



2. Break fish into tiny pieces, no bigger than 4 mm.



3. Combine with smooth potato mash and thick sauce.



4. Check moist, cohesive texture and no hard fragments.

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

Moist Lentil and Pumpkin

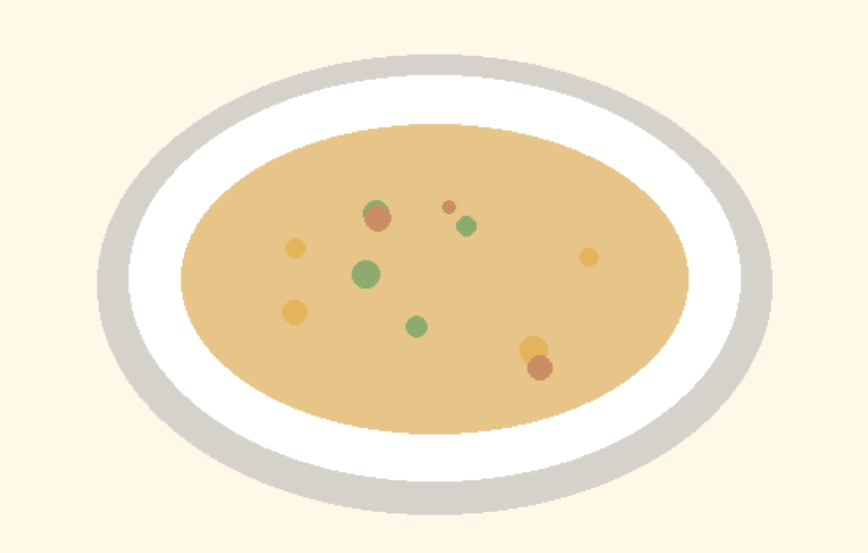
SERVES: approximately 1-2 | Preparation and cooking times vary

What you need

☐ 1/2 cup very soft lentils

☐ 1/2 cup pumpkin mash

☐ 2 tbsp thick tomato sauce



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.

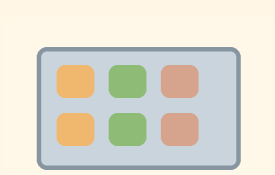
Turn the page for four picture steps.

FOLLOW THE STEPS IN ORDER

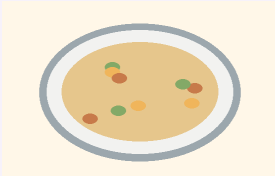
Moist Lentil and Pumpkin



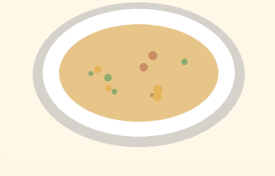
1. Cook lentils until completely soft.



2. Mash or process to tiny soft pieces, no bigger than 4 mm.



3. Mix with smooth pumpkin and thick sauce.



4. Check there are no husks or separate thin liquid.

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.

BREAKFAST | RECIPE 5

Moist Egg and Ricotta

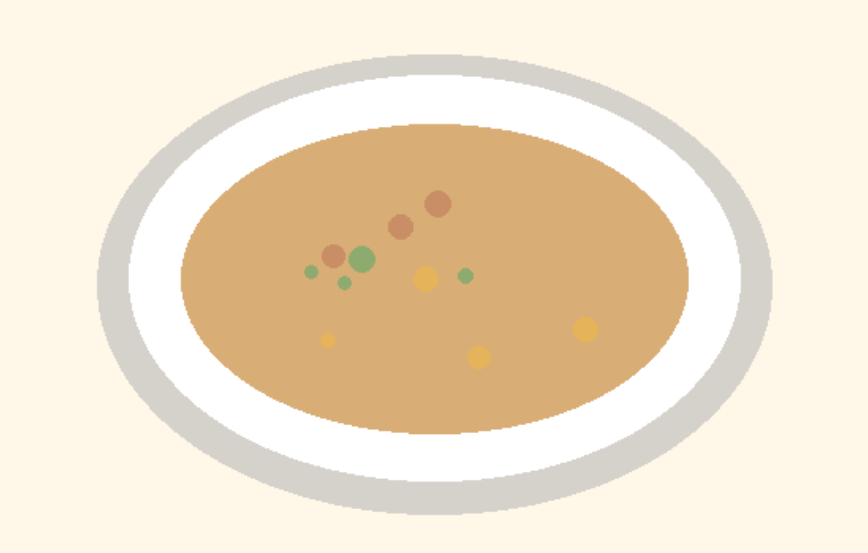
SERVES: approximately 1-2 | Preparation and cooking times vary

What you need

☐ 2 eggs

☐ 2 tbsp ricotta

☐ 1 tbsp milk



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.

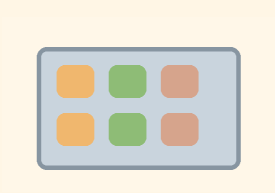
Turn the page for four picture steps.

FOLLOW THE STEPS IN ORDER

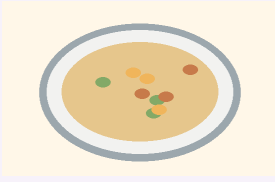
Moist Egg and Ricotta



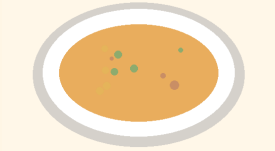
1. Whisk eggs and milk.



2. Cook gently until fully set.



3. Finely mince or mash into tiny moist pieces.



4. Mix with ricotta; check size and moisture 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 6

Minced Turkey and Sweet Potato

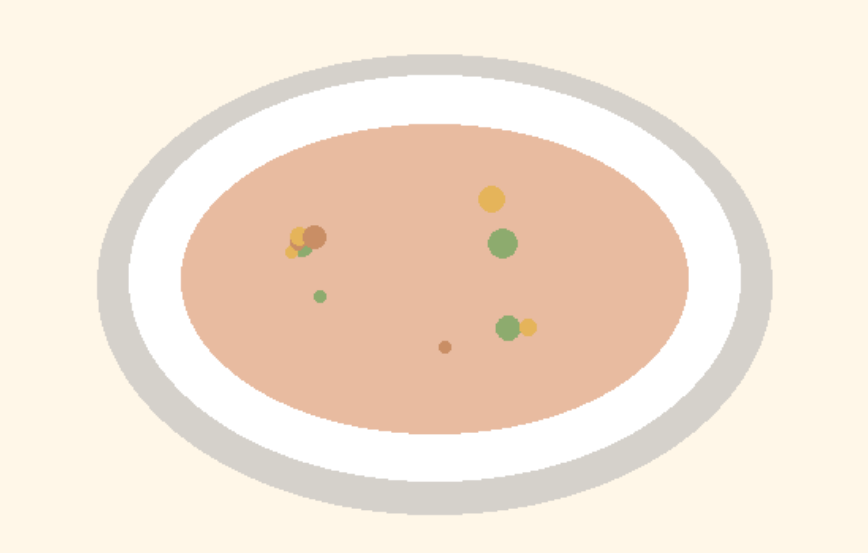
SERVES: approximately 1-2 | Preparation and cooking times vary

What you need

☐ 150 g turkey mince

☐ 1/2 cup sweet potato mash

☐ 1/3 cup thick gravy



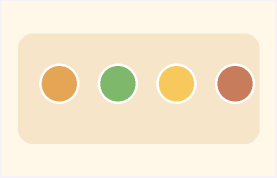
Finished-dish illustration (symbolic only; not a texture-safety check)

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.

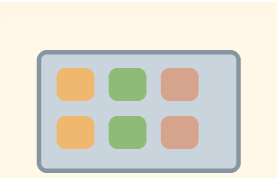
Turn the page for four picture steps.

FOLLOW THE STEPS IN ORDER

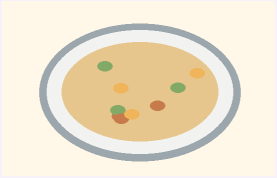
Minced Turkey and Sweet Potato



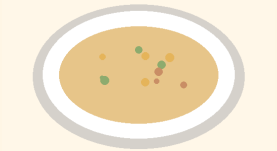
1. Cook turkey thoroughly to 75°C.



2. Break mince into tiny pieces, no bigger than 4 mm.



3. Prepare smooth sweet potato mash.



4. Mix with gravy until moist and cohesive.

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

Moist Tofu and Pumpkin

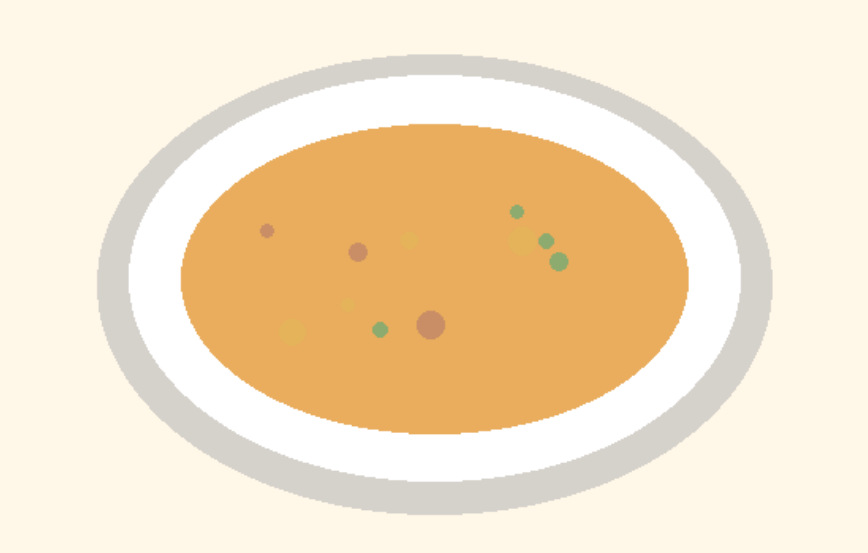
SERVES: approximately 1-2 | Preparation and cooking times vary

What you need

☐ 150 g soft tofu

☐ 1/2 cup smooth pumpkin mash

☐ 2 tbsp thick sauce



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.

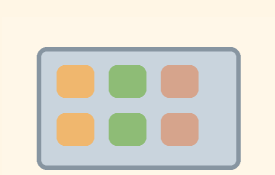
Turn the page for four picture steps.

FOLLOW THE STEPS IN ORDER

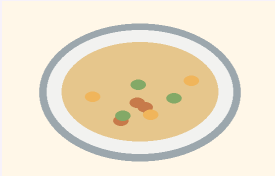
Moist Tofu and Pumpkin



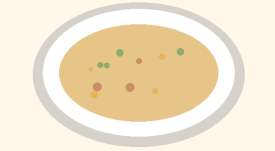
1. Heat tofu thoroughly.



2. Mash into tiny soft pieces no bigger than 4 mm.



3. Combine with pumpkin and thick sauce.



4. Check it holds together and has no watery 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.

BREAKFAST | RECIPE 8

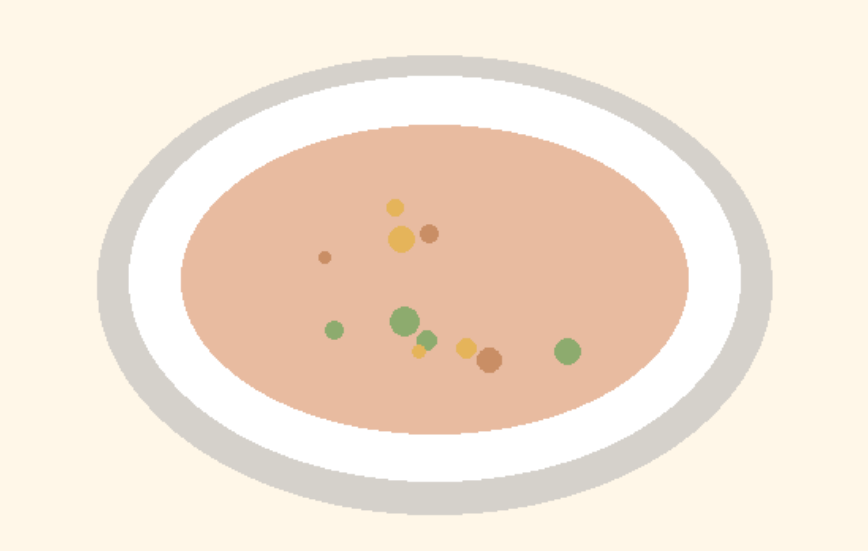
Moist Pear Breakfast

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

What you need

☐ 1 peeled ripe pear

☐ 1/2 cup thick smooth porridge



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.

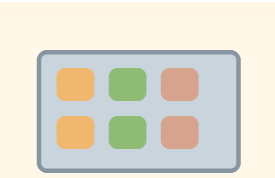
Turn the page for four picture steps.

FOLLOW THE STEPS IN ORDER

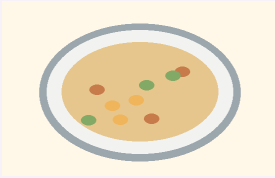
Moist Pear Breakfast



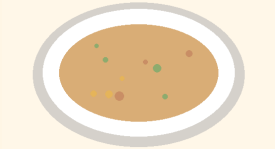
1. Peel and core pear.



2. Poach until extremely soft.



3. Mash pear into tiny soft pieces no bigger than 4 mm.



4. Fold into thick smooth porridge; check texture.

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.