Community Care Tailored Support
Empowering Potential, Inspiring Success

Simple & Tasty

Pureed Meals Cookbook

IDDSI Level 4 - Pureed

Smooth, lump-free spoonable foods; no chewing should be 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. Smooth Pumpkin and Chicken 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 4 - Pureed

Smooth, lump-free spoonable foods; no chewing should be needed.

Level 4 food must be completely smooth, lump-free, non-sticky and hold its shape on a spoon. It should not have separated thin liquid. Verify with the IDDSI fork drip and spoon tilt tests; do not assume blending alone makes it safe.

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

Smooth Pumpkin and Chicken

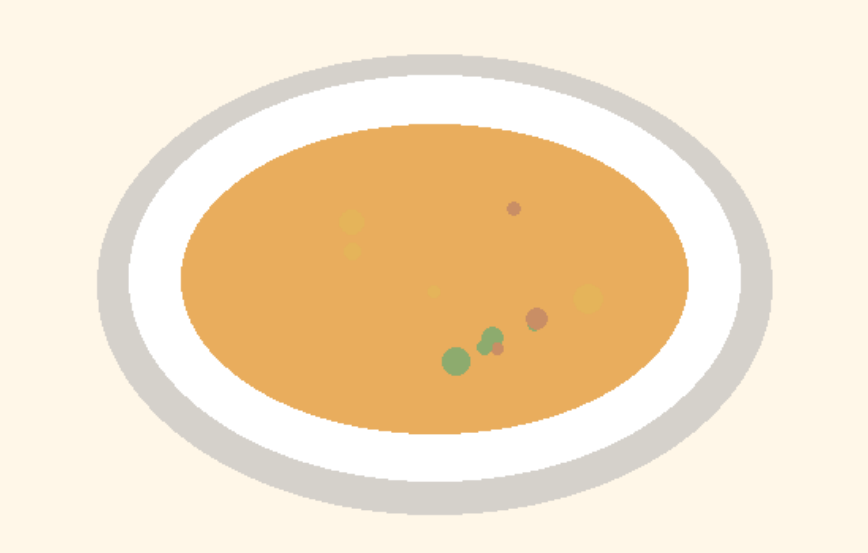
SERVES: approximately 1-2 | Preparation and cooking times vary

What you need

☐ 150 g cooked boneless chicken

☐ 1 cup cooked pumpkin

☐ 1/3 cup suitable thick sauce



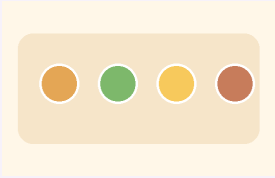
Finished-dish illustration (symbolic only; not a texture-safety check)

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.

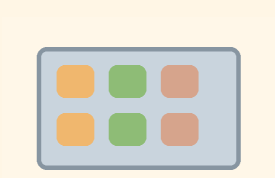
Turn the page for four picture steps.

FOLLOW THE STEPS IN ORDER

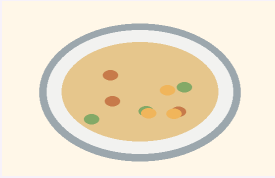
Smooth Pumpkin and Chicken



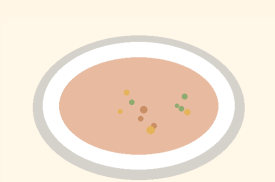
1. Cook chicken fully to 75°C; remove skin and gristle.



2. Blend chicken and pumpkin with suitable sauce until smooth.



3. Sieve if needed to remove every lump or fibre.



4. Test at serving temperature against prescribed Level 4 criteria.

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

Silky Carrot and Lentil

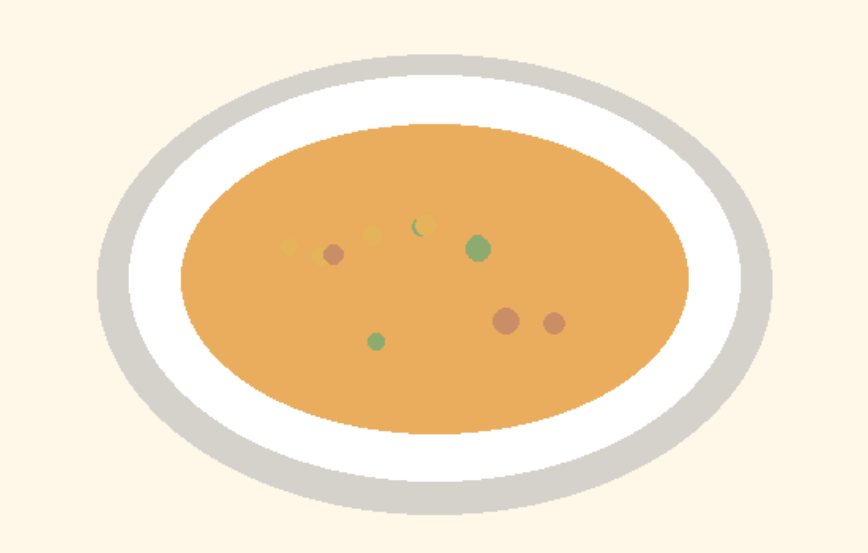
SERVES: approximately 1-2 | Preparation and cooking times vary

What you need

☐ 1/2 cup cooked red lentils

☐ 1 cup cooked carrots

☐ 2 tbsp suitable 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.

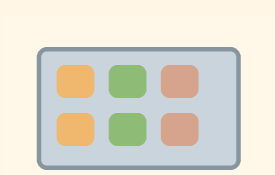
Turn the page for four picture steps.

FOLLOW THE STEPS IN ORDER

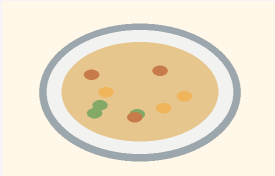
Silky Carrot and Lentil



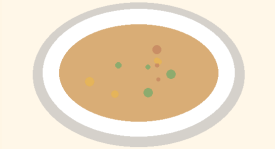
1. Cook lentils and carrots until very soft.



2. Blend together until completely smooth.



3. Adjust with suitable thick sauce without making runny.



4. Check for lumps, stickiness and separated liquid; test 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.

DINNER | RECIPE 3

Smooth Fish and Potato

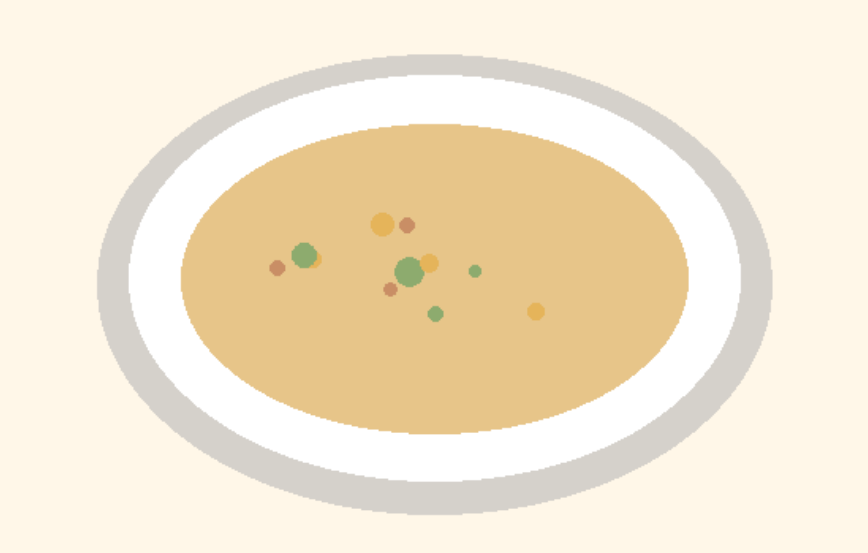
SERVES: approximately 1-2 | Preparation and cooking times vary

What you need

☐ 150 g boneless cooked white fish

☐ 1 cup cooked potato

☐ 1/3 cup suitable 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.

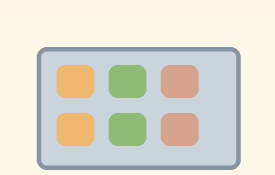
Turn the page for four picture steps.

FOLLOW THE STEPS IN ORDER

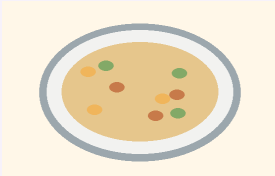
Smooth Fish and Potato



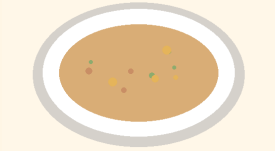
1. Cook fish fully and remove all bones and skin.



2. Blend fish, potato and sauce until completely smooth.



3. Sieve to remove any remaining particles.



4. Test spoon and fork characteristics 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

Pureed Beef and Sweet Potato

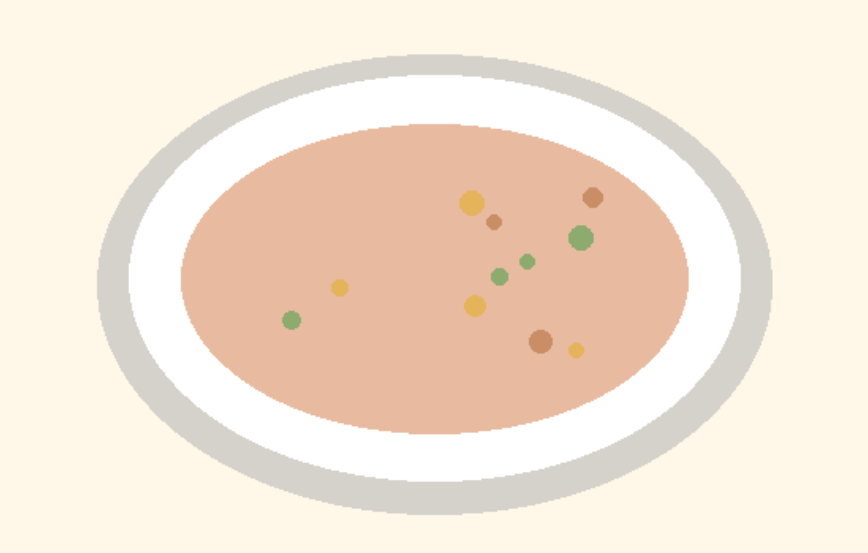
SERVES: approximately 1-2 | Preparation and cooking times vary

What you need

☐ 150 g slow-cooked tender beef

☐ 1 cup cooked sweet potato

☐ 1/2 cup suitable thick gravy



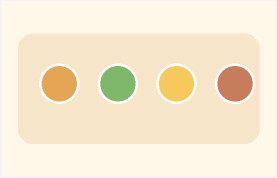
Finished-dish illustration (symbolic only; not a texture-safety check)

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.

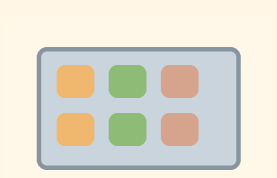
Turn the page for four picture steps.

FOLLOW THE STEPS IN ORDER

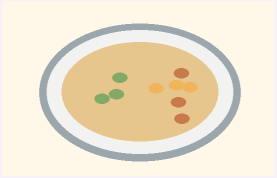
Pureed Beef and Sweet Potato



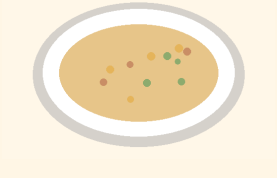
1. Cook beef until tender; remove fat and gristle.



2. Blend with sweet potato and thick gravy.



3. Sieve until completely smooth and cohesive.



4. Test for Level 4 texture; no lumps or 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.

DINNER | RECIPE 5

Smooth Spinach and Ricotta

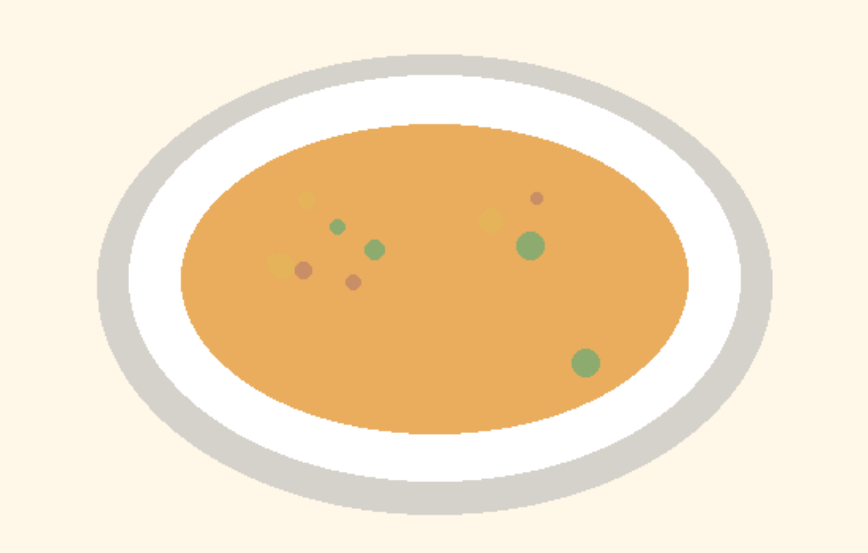
SERVES: approximately 1-2 | Preparation and cooking times vary

What you need

☐ 1/2 cup well-cooked spinach

☐ 1/2 cup ricotta

☐ 1/4 cup smooth potato mash



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.

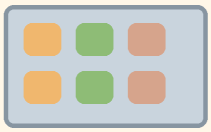
Turn the page for four picture steps.

FOLLOW THE STEPS IN ORDER

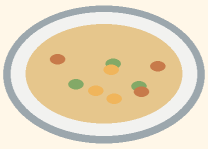
Smooth Spinach and Ricotta



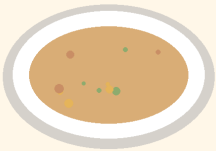
1. Cook spinach until very soft and remove tough stems.



2. Blend with ricotta and potato mash.



3. Sieve out all fibres and lumps.



4. Check non-sticky smooth texture and prescribed 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.

DESSERT | RECIPE 6

Smooth Egg Custard

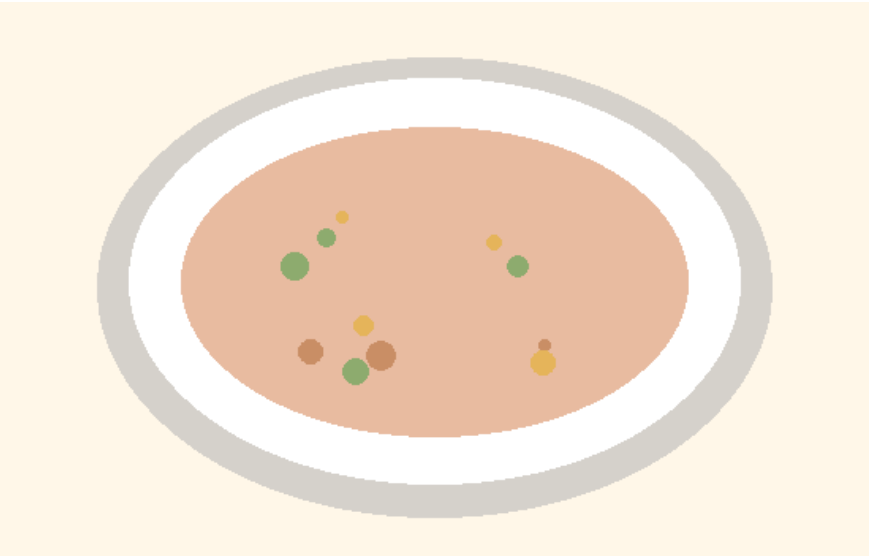
SERVES: approximately 1-2 | Preparation and cooking times vary

What you need

☐ 2 eggs

☐ 1 cup milk

☐ 1 tsp sugar (optional)



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.

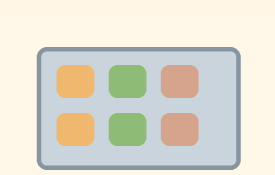
Turn the page for four picture steps.

FOLLOW THE STEPS IN ORDER

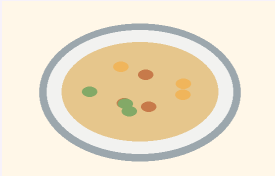
Smooth Egg Custard



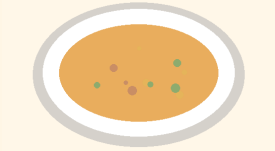
1. Whisk ingredients until combined.



2. Cook gently in a water bath until fully set.



3. Blend or sieve to remove any lumps.



4. Check texture after cooling; do not serve if it separates or is too firm.

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 7

Pureed Apple and Pear

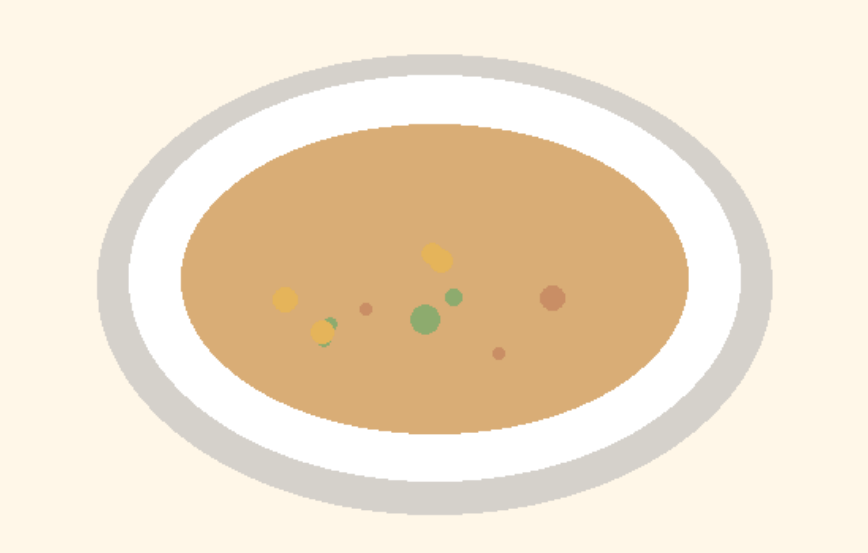
SERVES: approximately 1-2 | Preparation and cooking times vary

What you need

☐ 1 apple

☐ 1 pear

☐ Pinch cinnamon



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.

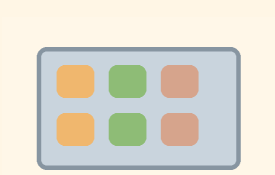
Turn the page for four picture steps.

FOLLOW THE STEPS IN ORDER

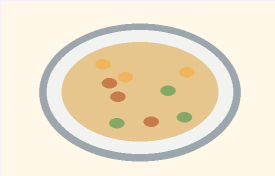
Pureed Apple and Pear



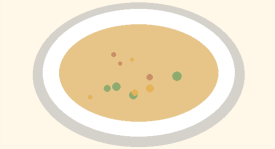
1. Peel and core fruit.



2. Poach until extremely soft.



3. Blend and sieve until completely smooth.



4. Adjust only within the prescribed texture plan; 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 8

Smooth Tofu and Pumpkin

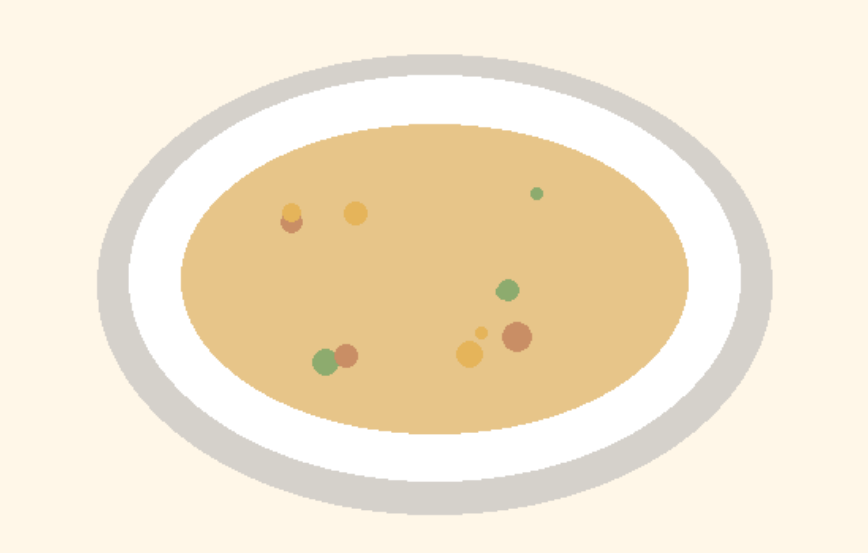
SERVES: approximately 1-2 | Preparation and cooking times vary

What you need

☐ 150 g silken tofu

☐ 1 cup cooked pumpkin

☐ 2 tbsp suitable 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.

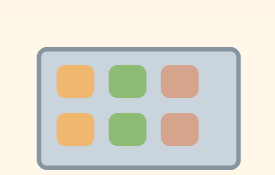
Turn the page for four picture steps.

FOLLOW THE STEPS IN ORDER

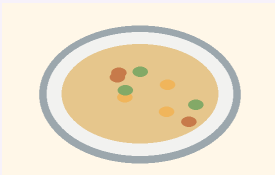
Smooth Tofu and Pumpkin



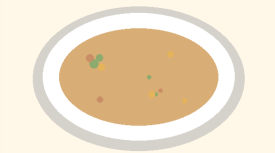
1. Cook pumpkin until very soft.



2. Heat tofu and combine with pumpkin.



3. Blend until completely smooth; sieve if needed.



4. Check prescribed Level 4 texture and no 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.

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.