



Pureed Broccoli

Ingredients

Broccoli Florets, Fresh	20 oz.
Low Sodium Vegetable Base	¼ tsp
SimplyThick® EasyMix™	2 (6g) Nectar Packets OR 2 strokes
Hot Water	2 oz.

Yield: 5 servings

Method: Pureed

Special Equipment Needed: Food Processor, Disposable Piping Bag, Piping Tip and Rubber Spatula

Wash hands before beginning preparation. SANITIZE surfaces & equipment.

- 1 Steam the broccoli until cooked and soft.
- 2 Puree broccoli to smooth consistency and scrape down sides of processor bowl with a spatula.
- 3 Prepare vegetable broth by mixing hot water and vegetable base. Thicken with SimplyThick.
- 4 Add thickened broth to the pureed vegetable and puree until smooth and homogenous consistency.
- 5 **Piping:** Using a rubber spatula fill the piping bag with the mixture and begin piping out the mixture onto a plate that has been zeroed out on a scale. Pipe into appropriate number of portions until all mixture is used.
- 6 **Or "Mold & Serve"** by spooning mixture into molds sprayed with food release and turn out onto plate.
- 7 Reheat and serve immediately.

Source: Chef Darren Wendel, C.E.C
Lakes of Novi Health Campus

Critical Control Points (CCP):

- Reheat to a minimum internal temperature of 165°F for 15 seconds
- Maintain at a minimum internal temperature of 135°F for no longer than 4 hours
- Discard any leftover portions

If you have any questions pertaining to the SimplyThick products, please don't hesitate to contact us: **800.205.7115/ www.simplythick.com**



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