

# IDDSI Recipe



# Booklet

This booklet contains a small selection of recipes from the new IDDSI recipe book called: **Modify your style – tips for dysphagia cooks at home**, written by the DART team at Dorset HealthCare University NHS Foundation Trust. The DART team provides training in identifying and managing eating, drinking or swallowing difficulties to Dorset HealthCare Trust staff as well as health, social care and catering professionals throughout Dorset and beyond.

Please remember:

- All food must pass all the tests for the IDDSI Level concerned. We have included a couple of sample audit sheets. The recipe book contains audit sheets for all IDDSI Levels.
- Food testing should always take place at the temperature at which the dish will be served, as textures can alter considerably in the heating/cooling process.
- Any dish tested should pass all the tests on the checklist as each one tests for a different characteristic.

### Dysphagia and Referral Training (DART) Team

Email [dhc.dysphagiatraining@nhs.net](mailto:dhc.dysphagiatraining@nhs.net) if you would like information about our training or a pdf of the full recipe book.



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# Toast and marmalade smoothie

Levels 1-3

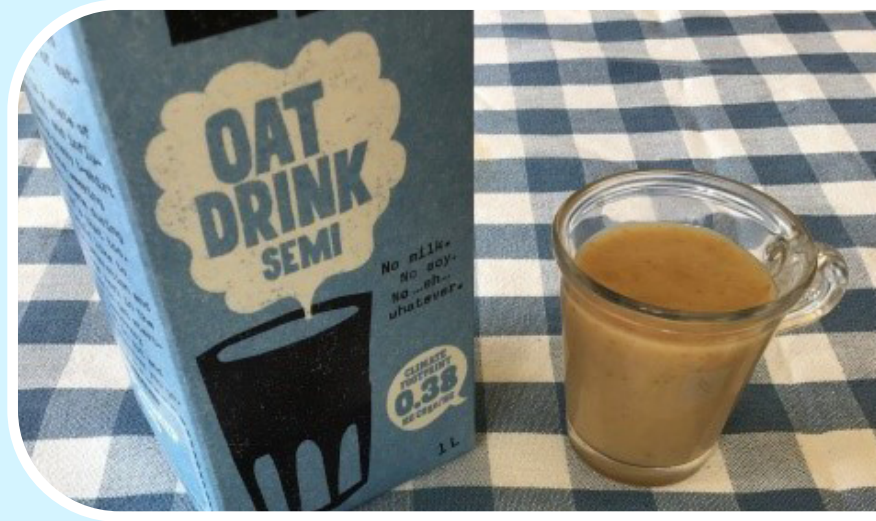
## Ingredients:

(Serves one person)

- 100ml oat milk
- 1 dessert spoon marmalade

Optional:

Try using tea/coffee according to preference.



Toast and marmalade smoothie – Levels 1-3

## Method:

1. Blend oat milk with marmalade – make sure there are no lumps and the end result is smooth.
2. The oat milk will give a hint of bread, the marmalade will thicken. Unusual end result.
3. Try using tea/coffee instead of, or in addition to, milk according to preference.
4. Experiment but always check to make sure the drink is **no thinner** than the level you have been recommended. Consider adding thickening powder if required to achieve Level 3

# Cottage cheese and grape juice

Levels 4-7

Add some grape juice to full fat cottage cheese, add a slice of ripe avocado – puree until completely smooth. **Be sure to run the tests for your level.** Outcomes will depend on the brand.

Cottage cheese can make a nutritious snack – experiment by combining it with pureed fruit or salad ingredients. It should meet the requirements for level 5 by mashing and retaining some texture, but for other levels puree. **Always ensure there is no separate liquid and test.**



Well-mashed cottage cheese – Level 5

# Mango lassi smoothie

Levels 1-4



Mango lassi – Level 3

## Ingredients:

(Serves one person)

- 1 very ripe large mango peeled, stone removed and diced - chilled
- ½ 400g tin full fat coconut milk – chilled
- 1 banana, peeled, cut into chunks

Optional:

Coconut cream/ground almonds/smooth yoghurt/maple syrup or honey/juice of fresh lime/grated fresh ginger.

## Method:

1. Place chopped mango, banana and coconut milk in blender and blend until completely smooth. Alternatively, use a stick blender. Depending on the size of your mango, you may need to use coconut cream or ground almonds to thicken to Level 4. Add other optional flavourings to suit individual taste.
2. For a sweeter drink, add honey; or for a more tart drink, add lime. Depending on how efficient your blender is, you may need to pass through a sieve if not completely smooth.
3. **Check for IDDSI Levels 3 or 4 prior to serving.** Serve chilled. Larger quantities can be kept in the fridge for two days. Experiment with the ingredients to find a flavour that suits you. But always check consistency before serving.

# Sweet potato treat

Levels 4-7



Sweet potato treat – Level 5

Peel and cube sweet potato. Cook in boiling water until completely soft for about 20 minutes. Blend with ginger/cinnamon/nutmeg/sugar according to preference until completely smooth – add milk or cream as required. **Test for the appropriate level.** Serve in a muffin case or ramekin with a spoon.

# Light summer salad

most IDDSI levels



Light summer salad – Level 4

If salads have always been a favourite, there's no reason to miss out as long as preparation is given some careful consideration according to the level of food modification recommended. It may seem a bit long winded, but once you get the hang of which combinations suit you, it will become easier and the fresh taste of a summer salad can be enjoyed, but also combined with other things.

## Ingredients:

(Serves one person)

- ripe avocado
- watercress / spinach
- little gem lettuce
- small ripe tomatoes
- olive oil
- lime juice
- cucumber
- chilli
- mustard
- honey
- mayonnaise
- fresh ginger

## Method:

1. Blend 1 tbsp. olive oil, juice of ½ lime, 1 tsp. grated fresh ginger until smooth.
2. Add 1 tbsp. shredded lettuce, 1 tbsp. shredded young spinach, 4cms cucumber chopped, ½ avocado and blend. Add salt, pepper or other flavourings according to preference.
3. Ensure mixture is smooth – add water if too thick, more avocado if too thin, small amount of mayonnaise if preferred.
4. **Run the appropriate IDDSI tests.**

## Suggestions:

For Levels 5 and 6, you can add some fresh, ripe tomato when blending, and leave some texture from the avocado as long as it passes the size restrictions, but be sure there is no separate liquid. For Level 4 you may need to peel and deseed the tomatoes and cucumber if your equipment cannot achieve a completely smooth end result. The olive oil and the fat content of the avocado will help to create a smooth finish. You can create a caesar salad equivalent by adding some finely grated parmesan with a small amount of chopped anchovy and blending. **Always test after making any changes.**

# Tricolore egg salad

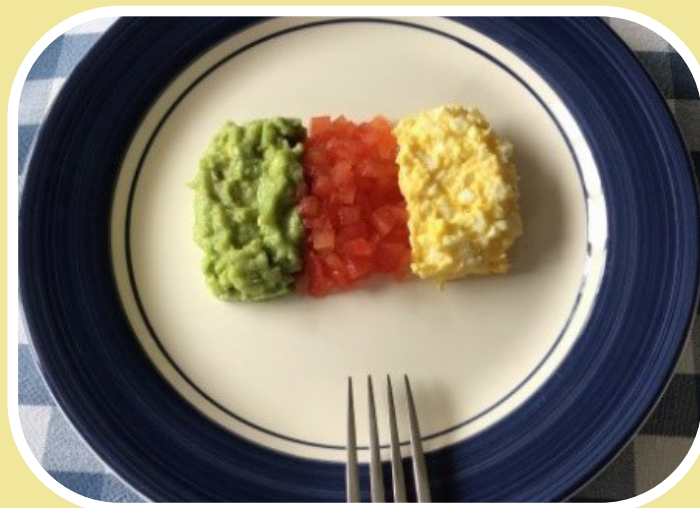
Levels 5-7



Level 5 Tomato – skinned and deseeded



Level 5 Avocado



Level 5 Tricolore Salad

## Ingredients:

(Serves two people)

- 1 hard-boiled egg
- 1 large ripe tomato skinned, seeds removed
- 1 medium size ripe avocado
- 2 tbsp. full fat mayonnaise
- full fat cottage or ricotta cheese as required
- flavourings – salt/ pepper/ herbs

## Method:

1. Mash hard-boiled egg with 1 tbsp. of mayonnaise. Remove avocado skin and stone – mash with 1 tbsp. mayonnaise.
2. Chop tomato ensuring pieces are no larger than 4mm x 4mm.
3. Pay particular attention to particle size for Level 5 – this may need to be done on a chopping board so you can see the pieces.
4. Add cottage or ricotta cheese as required mashing all the time – then flavour to taste with mustard/tabasco/ salt and pepper.
5. **Run the appropriate tests.** This mixture could be pureed with a small amount of milk for Level 4 but the end result needs to be completely smooth and lump free. **Test accordingly.**

# Layered beetroot salad

All levels



Layered beetroot salad – Level 4

## Ingredients:

(Serves one person)

- 1 cooked beetroot, peeled and roughly chopped
- 2 tbsp. double cream
- 50g feta cheese (approx. ¼ pack), chopped
- ½ ripe avocado, chopped
- juice of ½ lime
- 7-10cm cucumber, peeled and diced

Optional:

Ground almonds or other nuts / horseradish / dill / crab / tuna / cream

## Method:

1. For Levels 3 and 4, using a stick blender, blend the beetroot, 1 tbsp. fresh cream and feta until completely smooth.
2. Run tests for IDDSI Level 3 or 4 – add more cream if necessary. Add horseradish or dill to taste but blend again if you do.
3. Separately, blend the avocado cucumber and lime. **Run IDDSI Levels 3 or 4 tests.**
4. For both layers, cream can be used to make the mixture more liquid, ground nuts can be used to make it thicker – **test after any changes.**
5. But the final texture should be smooth and lump-free so be sure to blend and test thoroughly.
6. Layer in a glass for best overall effect.
7. An additional layer can be added by blending tinned crab or tuna with cream.
8. For Level 5, grate the cooked beetroot finely, crumble the feta very finely breaking up with a fork, and mash the avocado.
9. Grate the peeled cucumber very finely and place in a colander to allow excess liquid to run off. Run all tests for Level 5. For Level 6 cut all ingredients to the appropriate size and **run IDDSI tests.**

# Meat sauce for bolognese / shepherd's pie / chilli

Level 4

## Ingredients:

(Serves two/three people)

- 1 tbsp. olive oil
- 2 tsp. garlic puree
- 100ml chopped onion
- 100ml chopped carrot
- 200g very lean, extremely finely minced beef, lamb, chicken or turkey
- 3 tbsp. tomato puree
- 2 tsp. Worcester sauce
- 1 tsp. English mustard
- 150ml beef/lamb/chicken/vegetable stock



Bolognese sauce with pureed cheesy orzo and pureed peas – Level 4

## Method:

1. Heat the oil in a medium saucepan, soften onion, carrots and garlic for a few minutes.
2. When soft, turn up the heat and add minced meat. Stir and break up with spoon. Add the tomato purée, Worcester sauce and mustard, simmering for five minutes stirring occasionally.
3. Pour over the stock and simmer for 40 minutes with the lid on, stirring occasionally and separating out all the pieces.
4. Add salt/pepper/herbs to taste.

This mixture can be suitable for most levels. For **Level 6**, be sure the meat is tender, that there is no separate liquid and that it complies with the 15mm x 15mm restrictions. For **Level 5**, make sure all the meat pieces are well broken down and separated – this is sometimes difficult to achieve depending on your meat and it may be safer to place in a food processor to break down so that your mixture complies with the 4mm x 4mm restrictions. For **Level 4**, puree or blend until completely smooth adding stock or tomato sauce if more liquid is required.

You can serve this sauce with well cooked, rinsed orzo pasta for **Levels 5-7**. Well cooked pasta can be pureed with a light cheese sauce or stock for **Levels 3 and 4**, but it needs to be cooked and rinsed well several times to remove as much starch as possible. Too much starch will make the final mixture too sticky. Layer with pureed Bolognese sauce.

For a shepherd's pie, make some buttery mashed potato using a floury rather than waxy potato and for **Levels 5-7**, place on top of the meat sauce. For **Level 4**, puree with stock or milk and test the consistency. **Remember to always test the final dish at the temperature it will be eaten at.** For chilli, add some chilli powder, cumin, paprika and/or finely chopped fresh chilli at stage 1. above and serve layered with red kidney beans pureed with sour cream, and twice cooked and rinsed rice. Be sure to **test**.



# Light summer salad

Level 4

This will have to be eaten with a spoon but provides an alternative to the popular pizza snack with some familiar flavours. You may need a few attempts to get the right consistency and flavour. This should make four small pizzas.



Pizza mixture in a mould



Pizza after microwaving

## Ingredients:

(Serves one person)

- 2 cheese scones
- jar/tin of tomato and basil sauce
- Dairylea triangles
- milk

## Method:

1. Break the scones down to a fine crumb in a food processor or blender, or mash well with a fork. Then puree with the tomato/basil sauce. Check the consistency.
2. Shape into small rings either by piping or smoothing into a metal ring.
3. Blend the Dairylea with some milk until it reaches the correct consistency and is smooth. Pipe onto the tomato scone base to resemble grated cheese.
4. Freeze to set. Microwave as needed until hot. **Test before serving. Be sure the whole thing is defrosted throughout.**

# Meatballs/butter bean balls

Levels 5-7

- a) Italian style in a smooth tomato sauce
- b) Greek style with hummus and yoghurt sauce

It is possible to make meatballs following the recipe below - they can then be baked under foil in the oven rather than fried to avoid browning. As a vegetarian alternative, use butter beans as in the second recipe. You can also try pureeing for level 4 but total smoothness is difficult to achieve.



Italian style pork/beef meatballs with tomato sauce – Level 5

## Ingredients:

(Serves four/six people)

- 2 slices soft white bread, crusts removed
- 1 onion
- 2 cloves garlic, peeled & crushed
- 400g lean, finely minced beef/pork/chicken (or half and half)
- 1 egg
- olive oil
- 2 tbsp. passata
- 1 tbsp. ricotta cheese
- oregano/basil
- 1 tbsp. grated parmesan

## Method:

1. Puree passata, chopped onion, garlic, herbs.
2. Add white bread torn into pieces and leave for 15 minutes to absorb the liquid – turn.
3. Add all other ingredients using your hands to turn and mix well. Allow to rest for 30 mins.
4. Taking a dessert spoon of mixture at a time, form into a ball in your hands – the mixture will be very soft so handle with care.
5. Place on a greaseproof tray and spray or brush with a little olive oil. Bake in a moderate oven for 15 minutes then cover with foil for a further 30 minutes to prevent browning. Alternatively, the meatballs can be cooked in a pureed tomato sauce, covered in the oven.
6. The end result should be soft and break down easily into small pieces. **Run the IDDSI tests for your required level as usual before serving.**

# Roast Dinner

Levels 4-6



Level 4



Level 6

It's quite difficult to emulate a roast dinner completely because much of the texture of a roast potato or crunchy skin will of course be missing. But otherwise you can prepare your roast dinner almost as you would any other time.

The secret for modifying a roast dinner is to try and keep the flavours very intense especially as vegetables have to be well cooked and tender. So try to use a strong, intense gravy, especially when it comes to pureeing the meat (Level 4) and it will provide additional moisture and flavour for Level 6.

Add mint and butter when pureeing peas. Add paprika or tarragon when pureeing carrots and/or swede. Keep the potato buttery and rich by using butter, cream and even cheese.

If you have time, it can be a good idea to roast root vegetables in the oven, long and slow with a lot of oil or butter, without browning too much, even the potato, so cover with foil as you do this. Some vegetables can be purchased ready-diced from the freezer compartment of the supermarket. Peas would need to be pureed for all levels because of their shell.

Try to ensure that everything on the plate is succulent and tender. The chicken for both levels here was poached in stock until the meat was falling off the thigh.

It may take a bit of practice but once you know what works well for you, it will be easy.

# Basics

Basics you can prepare and keep in the fridge for a few days - **remember to always test.**



**Fresh skinned, deseeded, chopped ripe tomato – suitable for levels 5/6/7 but could be pureed for level 4**



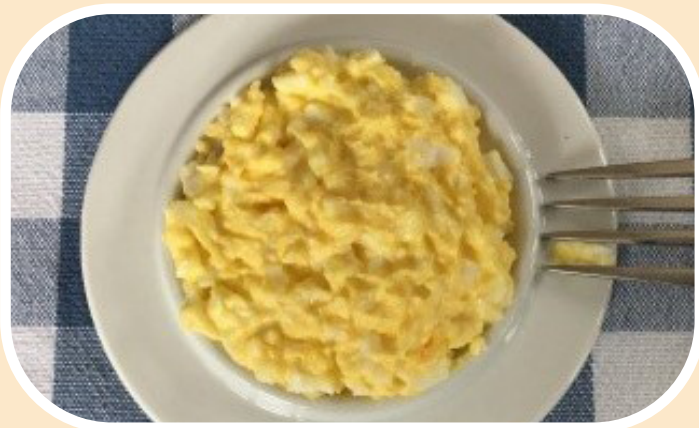
**Fresh guacamole made from ripe avocado – suitable for levels 5/6 but could be pureed for level 4**



**Orzo – cooked twice and rinsed twice – suitable for levels 5/6 but could be pureed for level 4 – will need a sauce**



**Carrot/potato – cooked, diced & moistened with stock – suitable for levels 5/6 but could be pureed for level 4**



**Egg mayo – Levels 5-7**



**Homemade mashed potato – Levels 4-7**

# Easy trifle

All levels



Chocolate sponge trifle with strawberry jam and custard – Level 4

## Ingredients:

(Serves four people)

- 1 vanilla jam Swiss roll
- 1 tin custard
- 2 bananas
- 1 ripe mango
- fresh cream
- full fat vanilla yoghurt
- vanilla essence to taste

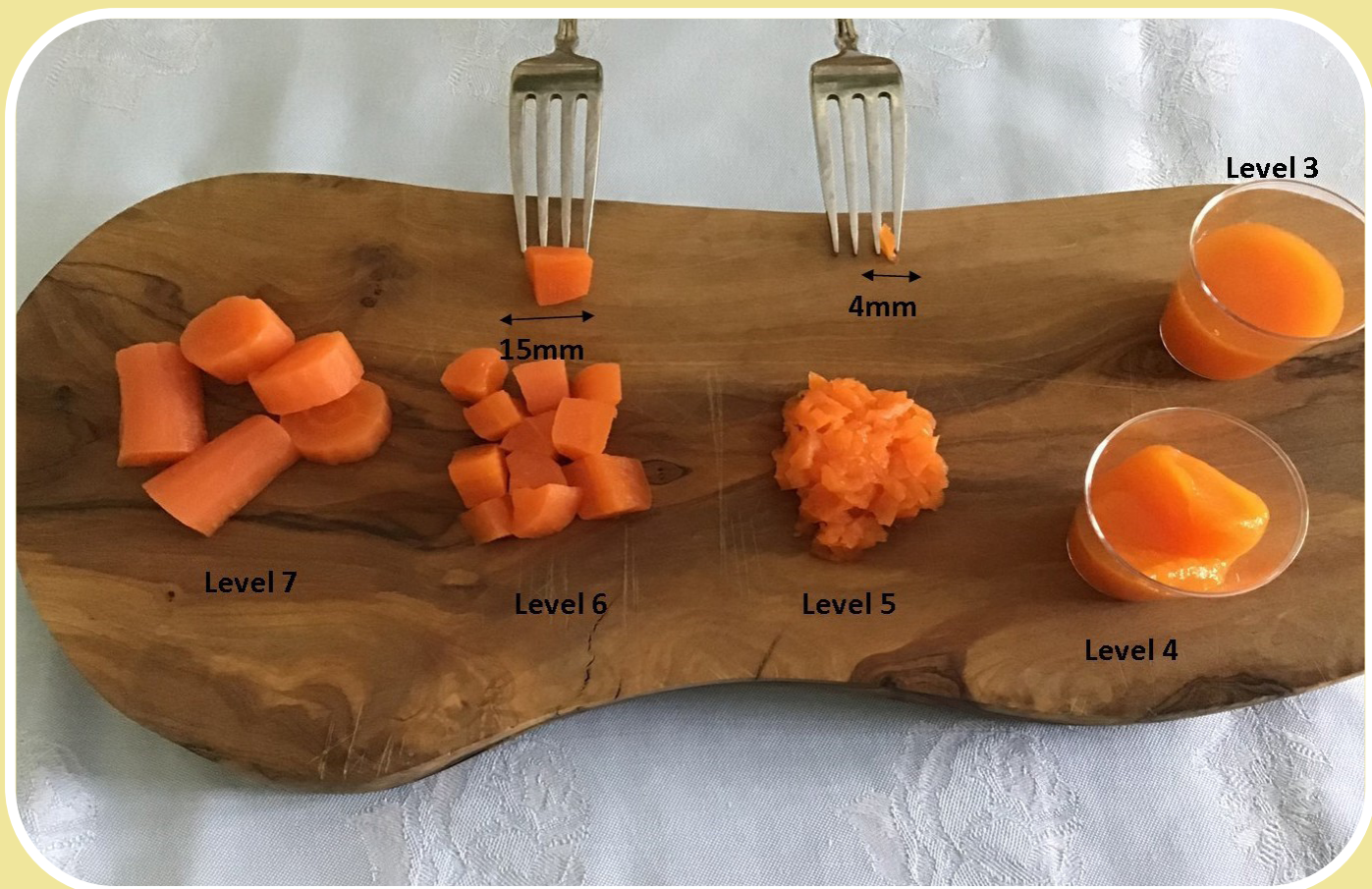
## Method:

1. Slice the jam sponge roll and puree with a small quantity of custard. Test for Level 4.
2. Puree the mango and banana. Test for Level 4. Or use seedless jam.
3. Whip the cream. Add a few drops of vanilla essence. Test for Level 4.
4. Layer sponge mix / fruit puree or jam / vanilla yoghurt topping with a layer of whipped cream or custard

**Alternatively: Use chocolate Swiss roll with strawberry jam or pureed red fruit as shown above.**

For Level 5, keep some texture in the fruit if it is soft and ripe by mashing thoroughly, and for Level 6, chop the fruit, paying attention to size restrictions 15mm x 15mm. This could also work well with peeled, very ripe pear. Pay attention to not having any separate liquid if using tinned fruit. Pureed fresh mango would also combine well with cream cheese/mascarpone/full fat yoghurt for additional calories. Mix and match the layers, but the final combination should pass the IDDSI tests for the level you want to achieve.

# IDDSI levels



Example: Boil in the bag cod in parsley sauce with carrot, broccoli and cauliflower



Level 5 Minced and Moist



Level 7 Regular Easy to Chew

## Tips for preparing pasta and rice:

Pasta and rice can be difficult to prepare so they pass all the IDDSI tests.

For Levels 5-7, they should be very well cooked and extremely soft. The main issue for Levels 3 and 4 is that because of the high starch content, pasta and rice can become 'sticky' and therefore not pass the spoon test, which would mean there could be difficulty managing them in the mouth. If the option is available, try gluten free pasta.

To try to reduce some of this risk, there are a few things you can try. Rinse before cooking. Boil and cook until tender in stock or water. Then rinse thoroughly and repeat the whole process. The rinsed, overcooked pasta or rice can then be blended/pureed with cream cheese, tomato sauce, pesto or stock – or any combination of these until you achieve the correct consistency. If you blend with something that has quite a high fat content, this will go some way to making the end result less sticky. The same can be said for blending with something like tinned tomato which is quite watery.

### Ingredients:

- 2 dessert spoons orzo pasta or rice
- 100ml water / stock
- 1 dessert spoon whipped cream cheese
- 1 dessert spoon pesto / tomato pulp

### Method:

1. Cook the pasta/rice twice in boiling water and rinse thoroughly before and after doing so.
2. Combine with 50 ml of stock and blend/puree.
3. Add the cream cheese and mix thoroughly until smooth.
4. Adjust consistency and taste as required with pesto/ tomato sauce/stock/cream cheese.
5. Make sure you test before combining with other elements to make up the finished dish.

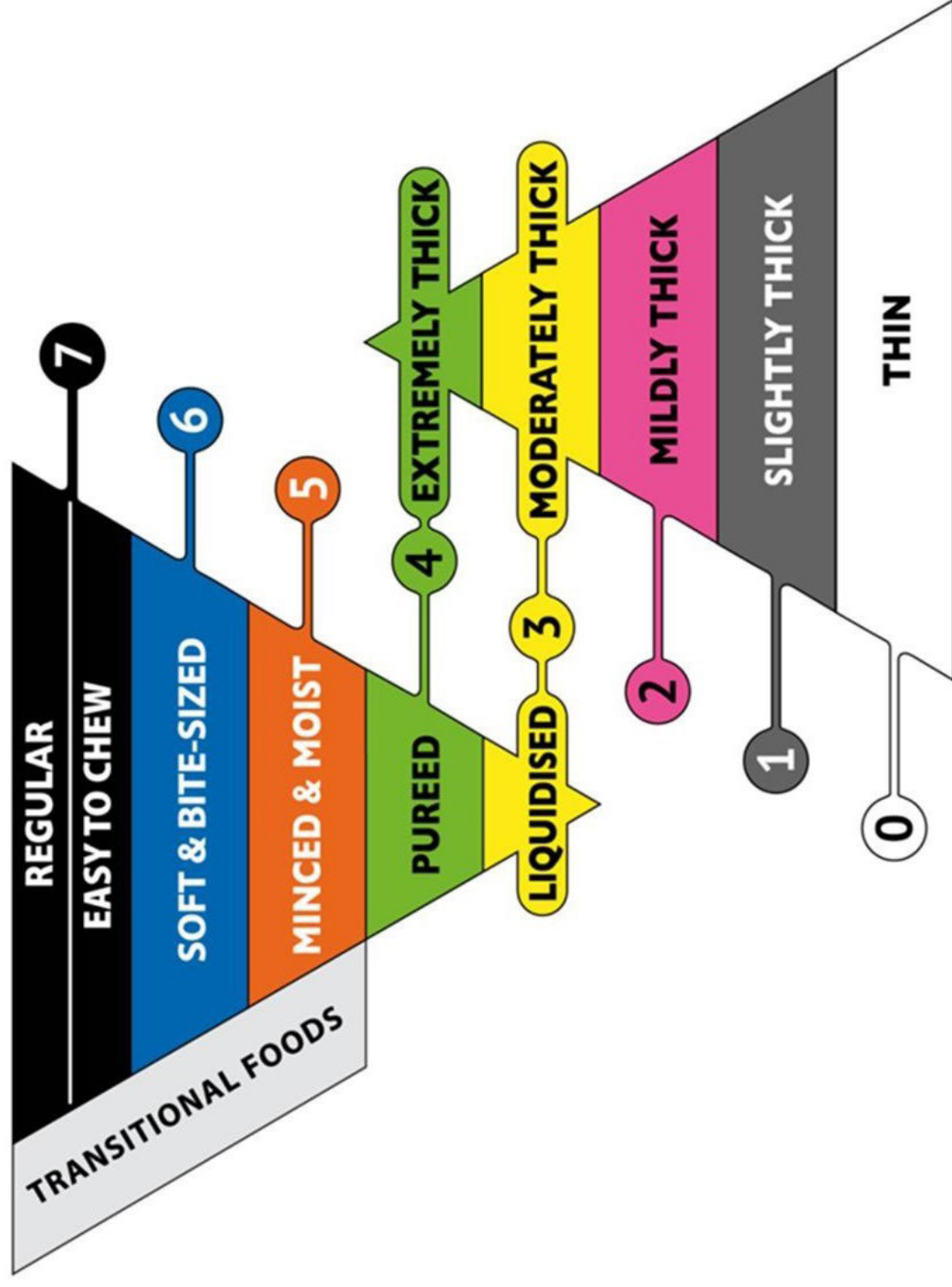
## Tips for meat dishes:

Pay attention to particle size for Levels 5 and 6 – puree/liquidise for Levels 3 and 4. Test for appropriate IDDSI levels. For mince dishes, chicken or turkey mince is preferable as it is more tender. Other meats should be prepared to retain as much moisture as possible so that the meat does not become 'stringy' or 'dry'. Poaching, braising or casseroles can help with this. Sometimes the cheaper cuts of meat with more fat content will puree better so try chicken thighs or legs, and oxtail or brisket. Cook for a long time. Some people have more success pureeing meat when it is cold. Puree with stock for best results.

## Tips on how to keep the flavour in your meat:

- Cook the meat slow and long in liquid - braise, boil, slow cook, poach or pressure cook. Try some of the cheaper cuts as they will be less dry and sinewy.
- Cool meat slightly, then chop into small pieces – blend with a small amount of stock.
- Add spices, flavourings to taste.
- If the puree is too thin, thicken it by adding more food, dried potato flakes or dried milk powder.

# FOODS



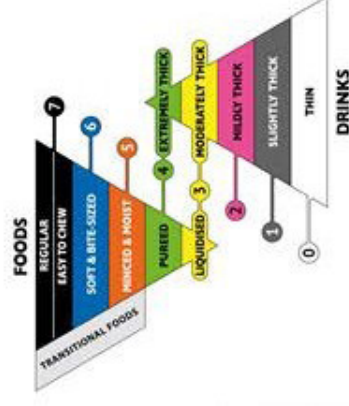
# DRINKS



# 5

# MINCED & MOIST

\* Please see *Summary of Food Texture Restrictions*



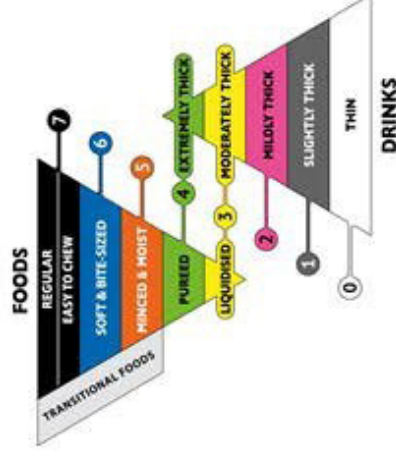
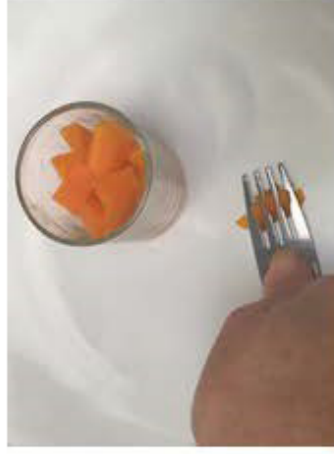
Food at this level must be soft, tender and moist, and must pass ALL of the tests below:

Tests	Yes	No
<b>Appearance</b>		
• Lumps are no larger than 4mm (for adults)	<input type="checkbox"/>	<input type="checkbox"/>
• No separate thin liquid	<input type="checkbox"/>	<input type="checkbox"/>
<b>Fork Pressure Test (must be a metal fork)</b>		
• Can be easily mashed with a fork. The pressure should not make the thumbnail turn to white.	<input type="checkbox"/>	<input type="checkbox"/>
• Easily separates and comes through the prongs of a fork.	<input type="checkbox"/>	<input type="checkbox"/>
<b>Spoon Tilt Test</b>		
• Holds shape on a teaspoon	<input type="checkbox"/>	<input type="checkbox"/>
• Tilt spoon to the side—food should slide off easily with very little left on the spoon	<input type="checkbox"/>	<input type="checkbox"/>
<i>Does the food pass all the tests for Level 5 Minced &amp; Moist?</i>	<input type="checkbox"/>	<input type="checkbox"/>

# 6

## SOFT & BITE-SIZED

\* Please see *Summary of Food Texture Restrictions*



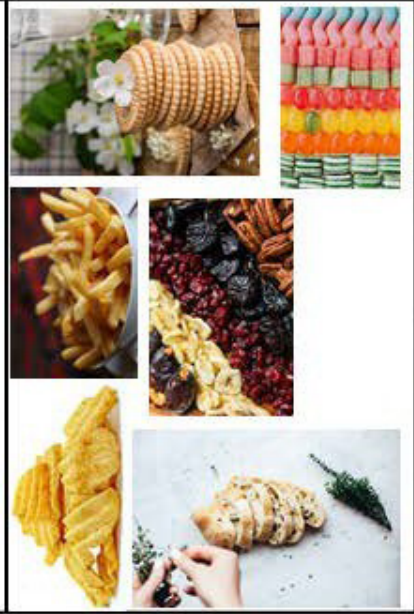

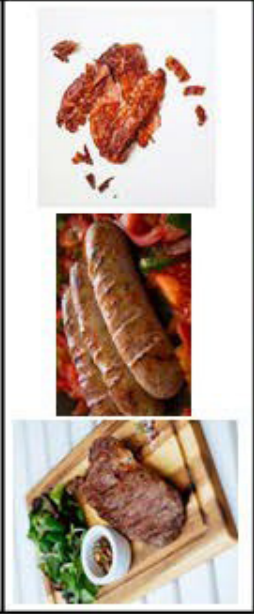

Food at this level must be soft, tender and moist, and must pass **ALL** of the tests below:

		Yes	No
<b>Appearance</b>			
•	The pieces are no larger than 15mm x 15mm (for adults)	<input type="checkbox"/>	<input type="checkbox"/>
•	No separate thin liquid	<input type="checkbox"/>	<input type="checkbox"/>
<b>Fork/Spoon Pressure Test (must be a metal fork or spoon)</b>			
•	Push down on a 15mm x 15mm sample with a fork or teaspoon. Use enough pressure for the thumbnail to turn white. The food can be squashed and does not return to the original shape.	<input type="checkbox"/>	<input type="checkbox"/>
•	Food can be separated into smaller pieces using the side of a fork or spoon.	<input type="checkbox"/>	<input type="checkbox"/>
<b>Does the food pass all the tests for Level 6 Soft &amp; Bite –sized?</b>		<input type="checkbox"/>	<input type="checkbox"/>

## High Risk Choking Foods To Be Avoided

Summary of Food Texture Restrictions for IDDSI Food Levels –

But don't forget, it is possible to modify some of the foods below or make small changes to them which will render them safe but always run the IDDSI tests

Restricted Food	Restricted Food List	Examples	Why is it unsafe?
	<ul style="list-style-type: none"> <li>-Hard Foods</li> <li>-Sticky Foods</li> <li>-Dry Foods</li> <li>-Crumbly foods</li> <li>-Crunchy foods</li> <li>-Crispy foods</li> </ul>	<p>Sweets/Nuts/Dried fruit/Marshm allow</p> <p>Dry cake/bread</p> <p>Flaky pastry/pie crust</p> <p>Biscuits/crackers</p> <p>Crisps</p> <p>You can use a soaking method for cake/biscuits &amp; puree with custard, soak dried fruit &amp; puree but always TEST</p>	<p>Difficult to manage hard textures in the mouth – especially with teeth, jaw or tongue issues. Crumbly foods may leave residue, sticky foods may fatigue, be swallowed too soon or stick!</p>
	<ul style="list-style-type: none"> <li>-Mixed thick/thin texture</li> <li>-Juicy foods where juice separates</li> <li>-Floppy foods</li> </ul>	<p>Minestrone</p> <p>Cereal with milk</p> <p>Tinned fruit with juice</p> <p>Watermelon</p> <p>Salad</p> <p>Tinned fruit without juice, or minestrone could be pureed but always TEST</p>	<p>Cereal with milk or soup with meat/veg pieces can be hard to manage as the liquid separates off in the mouth and could cause problems. Salad or spinach may not be broken down enough before swallowing</p>
	<ul style="list-style-type: none"> <li>-Tough food</li> <li>-Skin, bone, gristle</li> </ul>	<p>Steak</p> <p>Bacon</p> <p>Dry meat</p> <p>Fatty meat</p> <p>Sausage with skin</p> <p>Remove skin from a lean or vegetarian sausage – puree but always TEST</p>	<p>These would require a lot of chewing and potentially not break down to swallow safely, skins could get stuck at the back of the throat</p>
	<ul style="list-style-type: none"> <li>-Stringy foods</li> <li>-Pips, seeds</li> <li>-Skins, shells</li> </ul>	<p>Green/runner beans</p> <p>Peas</p> <p>Apples with skin</p> <p>Grapes</p> <p>Beans and peas can be pureed, apples peeled and grated or poached but always TEST</p>	<p>Beans may be stringy, peas have a shell and apples have skin which can separate and be hard to manage. Pips and seeds could cause choking</p>