

A pureed diet can help you get the nutrition you need without the issues that chewing and swallowing might present. With minimal changes in cooking technique and one added step of blending, your favorite cooked foods are still possible.

What you will need

- The food you would like to prepare
- Any spices or sauces
- Pot or pan, slow cooker or pressure cooker
- Food processor or blender

Soften food first

Braising: This works well with large cuts of meat. Cover the meat 3/4 of the way in liquid and cook on a very low temperature for several hours or until tender. For more flavor, brown the meat by searing on both sides for a few minutes and then add the liquid for braising.

Stewing: Cut meat into large pieces, cover in liquid, and cook on a very low temperature for several hours. You can brown meat for additional flavor.

Steaming: A simple way to steam is to add a small amount of water to a pot, let water come to a simmer and then add fish, fruits, or vegetables of choice. Cover pot and let cook for for a few minutes.

Boiling: Fill pot with water and bring to a boil. Add fish, fruits, or vegetables of choice and boil until cooked or until desired texture reached.

Spice or sauce it up

Work with your dietitian to come up with particular spices, sauces (pesto, for example), gravies, dips, and dressings that add flavor, nutrients, and the right consistency for you.

Blending/Processing

Once your meat, fish, fruits, or vegetables are done cooking, let them cool for several minutes before transferring food to a blender. Before pureeing, make sure to add enough liquid so that the food blends easily. Feel free to use the water or broth from cooking as this has more flavor and nutrients than just water.